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TORONTO • W… MARCH 24, 2010 metrone…

Celebrity pg 69

She likes herself, she really likes herself

Judge rules girl's rights violated

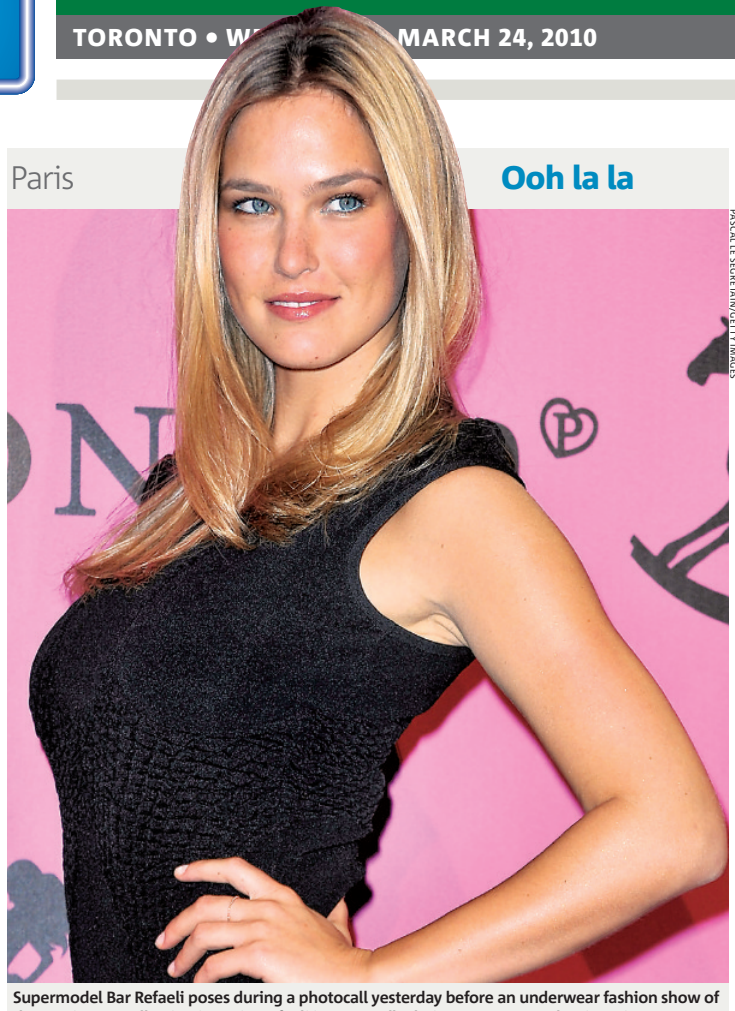
PROM A Mississippi school district violated a lesbian student's rights by banning her from bringing her girlfriend to the prom, a federal judge ruled yesterday, but he stopped short of forcing the district to hold the event.

Constance McMillen

U.S. District Judge Glen H. Davidson refused the American Civil Liberties Union's demand to force the Itawamba County school district to put on the April 2 prom. However, he said cancelling it did violate 18-year-old Constance McMillen's rights and he would hold a trial on the issue.

THE ASSOCIATED PRESS

Paris **Ooh la la**



PASCAL LE SEGRETAIN/GETTY IMAGES

Supermodel Bar Refaeli poses during a photocall yesterday before an underwear fashion show of the Passionata collection in Paris. Refaeli is reportedly dating actor Leonardo DiCaprio.

Secure summit

Security plans outlined for summer's G20 meeting

Access to the innermost security zone during the G20 weekend will be controlled by a three-metre-high fence and five levels of security screening, a summit official said yesterday.

These were among the few details shared with more than 100 property managers and company representatives who attended yesterday's "G20 summit preparedness workshop," hosted by the Building Owners and Managers Association (BOMA).

BOMA represents more than 700 commercial real estate companies in the GTA, all anxious to know how they can prepare for June 26-27, when the world descends upon their neighbourhood.

Security efforts are already promising to be bigger than anything Canada has seen before and, in Toronto, many residents and businesses have expressed concern.

Exact security boundaries still aren't being disclosed — and probably won't be until about two weeks prior to the summit.

TORSTAR NEWS SERVICE

Fenced in

- Const. Ed Boltuc, a Toronto police officer and community liaison with the Integrated Security Unit, explained that two fenced security perimeters will encircle the summit site, which is the Metro Toronto Convention Centre on Front Street West.

On the web
Visit metronews.ca for news updates

'Green' consumers more likely to cheat, steal: Study

BUYING The idea that driving an electric car and buying fair-trade coffee makes you a good person is grass-fed bull crap, according to psychologists at the University of Toronto.

People who buy "ethical" products are more likely to cheat and steal, according to Do Green Products Make Us Better People, a study published in Psychological Science.

"Purchasing green products may produce the counterintuitive effect of licensing asocial and unethical behaviours by establishing moral credentials," the report states.

In other words, people who spend money on green products may climb on a moral high horse and excuse their bad behaviour elsewhere because they feel they've built a stockpile of do-gooder points.

METRO WORLD NEWS

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SCANLIFE

Local

Budget to look north

Premier Dalton McGuinty, left, is promising some relief for the north in tomorrow's budget. McGuinty wouldn't go into details about the exact measures northerners can look forward to, but says they will go beyond anything announced in the throne speech. So far, the government has promised to develop a chromite deposit in the James Bay area, but has said little else about how it plans to help the north. THE CANADIAN PRESS

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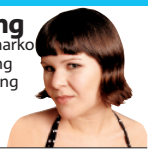
Tomorrow's Metro

Relating
Sofi Papamarko on decoding online dating profiles



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WHAT'S ONLINE TODAY

Video Decades after it was legalized, abortion remains a political hot potato on both sides of the border at **metronews.ca/world**

Blogs SpinDoctor takes the Tories and Liberals to task for ham-fisted message management

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Sikhs accuse Tories of hypocrisy

Visit by Indian minister accused of human rights abuses sparks protest

A couple hundred members of Canada's Sikh community protested outside a downtown hotel yesterday over the presence of an Indian cabinet minister they accuse of human-rights abuses.

They also accused the Conservative government of hypocrisy for allowing Highways Minister Kamal Nath into Canada on a speaking tour.

Nath was at the scene of a bloody riot in New Delhi in 1984 in which two Sikhs — a father and son — burned to death, and a Sikh temple was set ablaze. He defended his presence, saying he was sent there to try to disperse the crowds.

Gurpatwant Singh Pannun, a lawyer and legal adviser to the group Sikhs for Justice, said yesterday that Nath has violated human rights and "should be excluded" from Canada.

"It's simple. (The government) should apply the law," Pannun said.

RICK MADONIK/TORSTAR NEWS SERVICE

About 250 demonstrators shouted from the sidewalk opposite the Le Meridien King Edward Hotel last night at the fact Kamal Nath was attending a dinner inside the hotel.

"They are exactly following a double standard."

Findings by a commission of inquiry in India into Nath's role in the riot was inconclusive, but his critics point out the probe only began 16 years after the event.

They argue there was "overwhelming" evidence against him heard by the inquiry — including from witnesses — that leaves no doubt of his sinister role in the riot that occurred in the highly charged atmosphere following the assassination of Indian Prime Minister Indira Ghandi.

The protesters chanted "We will not forget," and "Justice, justice, we want justice," from across the street of the Le Meridien King Edward Hotel, where Nath was to speak.

Organizers called on participants to keep the protest peaceful.

New Democrat Leader Jack Layton expressed concern that a "divisive and controversial" politician had been invited to Canada and urged caucus members to boycott Nath events.

Nath could not immediately be reached. Requests for comment from Immigration Minister Jason Kenney and the Prime Minister's Office were met with no response. India's acting high commissioner was not immediately available.

THE CANADIAN PRESS

Canada third best at keeping promises

G8 REPORT CARD Canada has slipped slightly to a third-place standing in a report card of how well G8 countries keep their promises.

The assessment was put together by analysts at the University of Toronto and Moscow's State University Higher School of Economics.

It shows that the G8 countries are having some trouble living up to their commitments on trade and aid effectiveness made at last year's summit in L'Aquila, Italy.

But, overall, the G8 is doing as well as it normally does in fulfilling the long list of commitments it undertakes every year at its annual summit.

The G8 as a whole scores an average of +0.33 on 24 top-priority commitments. A country scores +1 if it fully complies with the commitment, 0 if it shows partial compliance, and –1 for failing to comply.

Canada, with its score of +0.5, slipped to third place from second but shows at least some progress in almost every category except trade, where it gets a failing grade.

But that's only because Ottawa has decided to block the importation of flavoured cigarettes aimed at young people, and because it slapped a big duty on Chinese steel dumped in Canada.

Canada even manages to show positive scores for climate change, mainly because Ottawa has devoted resources toward climate research and development, green technology as well as carbon capture and storage.

The United Kingdom placed first in the G8 rankings, and Canada shared second place with Japan. Italy came last.

THE CANADIAN PRESS

News in brief

CHARGED An acupuncturist in north-end Toronto is to appear in court today on three counts of sexual assault. Wen Xiang Qin, 52, was arrested yesterday after police received complaints from a 26-year-old woman. She alleges she was sexually assaulted three times while receiving acupuncture treatments between Jan. 16 and March 16. Police say the accused has been operating an acupuncture clinic out of a home on Finch Avenue East for more than a year.

THE CANADIAN PRESS

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Enbridge granted price hike for gas heating

Enbridge customers will see the cost of heating go up starting April 1 as a result of a rate increase granted yesterday by the Ontario Energy Board. THE CANADIAN PRESS

RENE JOHNSTON/TORSTAR NEWS SERVICE

Puddles at the bottom of a staircase, cracking walls with black scum and garbage littering the floor greet commuters at College station on the Yonge line. The Downtown Yonge Business Improvement Area released a scorecard Monday showing the TTC has failed to fix many of the broken and grubby items it brought to transit officials' attention last summer.

Stations in disrepair

Yonge BIA flunks TTC for failing to make fixes

They're small repairs: Broken lights, graffiti, leaks, missing maps and ceiling slats.

But together, the undone work adds up to a big picture of neglect at the Yonge subway stations south of Bloor Street.

That's why the Downtown Yonge Business Improvement Area has given the TTC a failing score on fixing dozens of unsightly and unfriendly cracks in the five stations from Wellesley to King.

Among dozens of needed repairs identified since the business group began keeping track last May, only four have been completed, although a couple of the stations, including Wellesley, have been renovated.

The merchants consider College, Dundas and Queen stations, in particular, to be transit gateways to the downtown, said Joe MacDonald, public affairs manager.

"It is not at all appealing, it is not welcoming, there's no sense of neighbourhood. These are holes in the ground that trains run through, and we need to turn them into transit destinations," he said Monday.

The business group, which includes Eaton Centre owner Cadillac Fairview, presented photographs and an itemized list of its observations to TTC staff last summer. Since then, the group's streetscape inspector has been regularly touring the five stations alongside transit officials.

But the effort has yet to pay off.

"These people aren't going to move until there are more than six people paying attention. The property owners and the folks who run businesses in the downtown Yonge community need you to come and enjoy your experience and this is part of it," MacDonald said.

"When you come downtown from Richmond Hill or Barrie and you get off at Dundas station, your experience has already been soured. Make it look at least presentable and you'll get off the subway and say, 'This is OK.'"

TORSTAR NEWS SERVICE

Giambrone back On The Rocket

TTC chair's talk show returns to the airwaves

• TTC chair Adam Giambrone's TV talk show is back on track tomorrow at 9 p.m. On the Rocket was last broadcast Jan. 21, just before Giambrone formally declared he was running for mayor. He left the race about a week later after publicly apologizing for betraying his live-in partner with a series of affairs. The show is expected to focus on the TTC's efforts to reform customer service. Officials were working yesterday to confirm an appearance by hotelier Steve O'Brien, who is heading the TTC's new customer service advisory panel.

Tall ships to sail into Toronto this summer

FESTIVAL Toronto will play host to a tall ship festival this summer as a fleet from around the world docks along the waterfront and opens its decks to the public.

Among the ships scheduled to arrive at the Redpath Toronto Waterfront Festival June 30 is a replica of the infamous slave ship Amistad. The ship, which became well-known in the 1997 film of the same name, is a 140-foot replica of the two-masted schooner that was the centre of an 1841 rebellion that led to the first U.S. Supreme Court case freeing African captives.

Toronto is the only Canadian city to host this year's festival and the first city along the Great Lakes to host the 11-ship fleet.

The festival will continue on to Cleveland, Bay City, Green Bay, Duluth and Chicago.

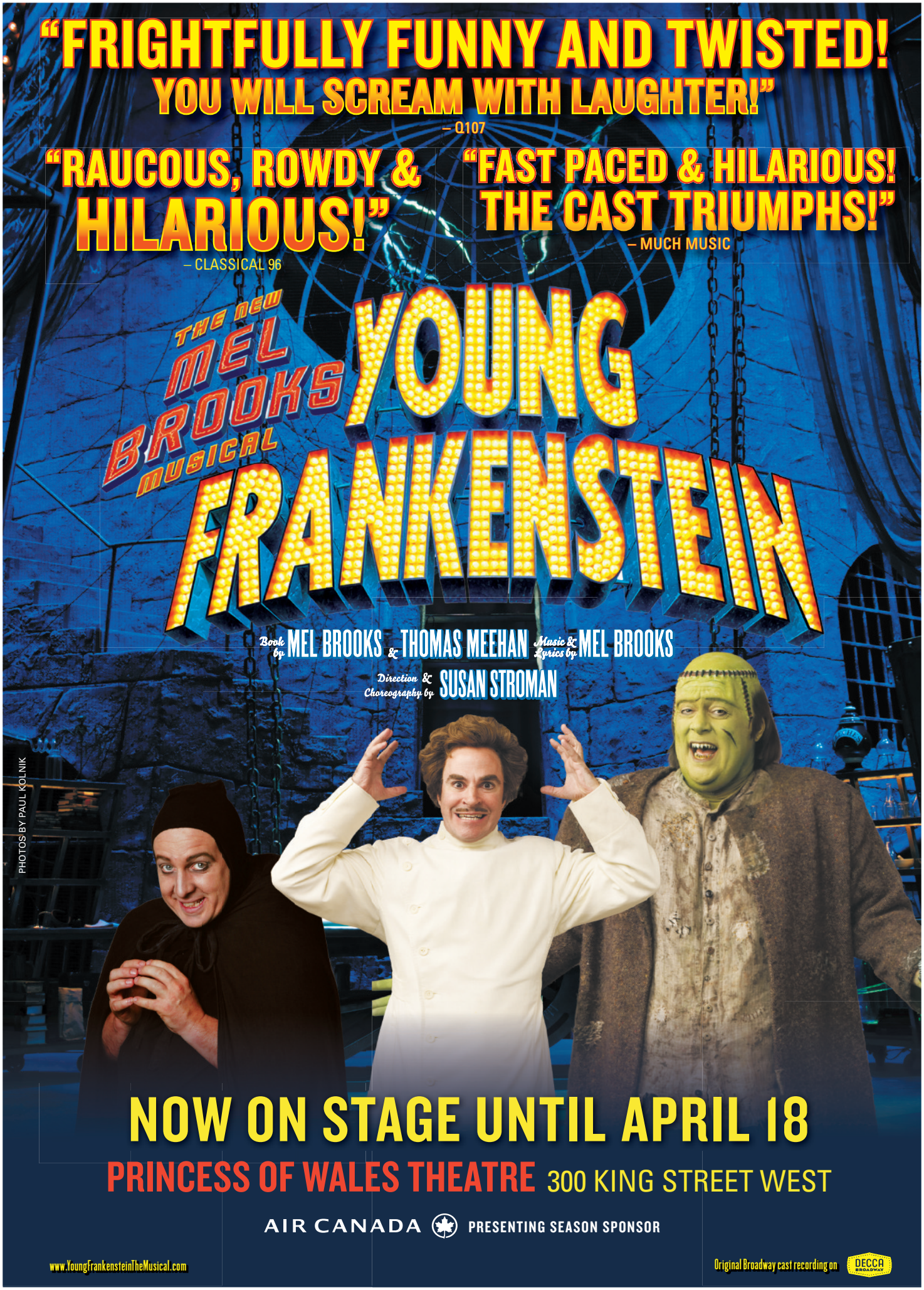
One of the goals of the festival is to promote water conservation. The festival is partnering with the Great Lakes United, an organization that generates awareness around reducing water use.

Ship boarding passes go on sale in May.

TORSTAR NEWS SERVICE

800,000

The waterfront Business Improvement Area estimates the festival, which runs through July 4, will bring 800,000 people to the city's waterfront a few days after the G20 summit ends.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Harlem Globetrotters duo to lead Beaches Easter parade

Two members of the Harlem Globetrotters — Moo Moo Evans and Blenda Rodriguez — will lead the Toronto Beaches Lions Annual Easter Parade as grand marshals on April 4, beginning at 2 p.m. METRO NEWS SERVICES

McGuinty taps out on UFC boss

Mixed martial arts not a priority for province, says premier

Ultimate Fighting Championship president Dana White was happy to talk up mixed martial arts (MMA) yesterday while Premier Dalton McGuinty looked to avoid the conversation.

White rolled into town for a question-and-answer session with fans and to meet the media. By packing the foyer of the Eaton Centre mall with fight fans, he also created an instant show of support for his sport, which has yet to be officially sanctioned in the province.

White was on his best behaviour, holstering his trademark F-bombs while insisting progress was being made on bringing the sport to Ontario.

"What you have to understand is this education process is going to take longer in some places than it does in others," he said. "It's happening. I'm going to keep coming up here until it gets done.

"This is the biggest (MMA) market in the world and there's no reason it shouldn't be here."

NEIL DAVIDSON/THE CANADIAN PRESS

UFC president Dana White responds during a question-and-answer session in Toronto yesterday. White reminded the provincial Liberals about the popularity of mixed martial arts during the session.

In a somewhat surprising turn, the potty-mouthed promoter came across as the patient one as the politician looked to end the dialogue, with McGuinty repeating his stance that the MMA issue is not a priority.

Earlier, McGuinty told reporters at the legislature that the MMA debate is a "distraction" and allowing the sport just isn't on his agenda right now.

Pressed again, the premier said: "In ultimate fighting, you can tap out," he said. "I'm tapping out on this." THE CANADIAN PRESS

Holdout

- With Montreal set to hold a UFC event in May for a third straight year and Vancouver coming on board in June, Ontario is the major Canadian holdout left for the UFC.

Library hopes to draw in youth with video games

LITERACY Make room, Holden Caulfield and Huck Finn, Sonic the Hedgehog is moving in.

The Toronto Public Library is searching for close to $300,000 to start a circulating video game collection, as well as to set up gaming programs at eight branches across the city.

There's method in what sounds like madness for a library: Players can learn literacy and problem-solving skills through the games themselves, while the gaming programs will convert the library into a hub for youths who would otherwise never consider entering one.

"It may be the only time a young person comes in. It can act as a magnet to attract people," said city Councillor Adam Vaughan, who sits on the library's board.

There will be upwards of 150 titles and the games will be available at 38 branches.

The game selection, however, is still far away. If the library can't raise the funds, the games and the consoles won't be purchased this year. TORSTAR NEWS SERVICE

Booked in

- In Guilderland, N.Y., the number of books borrowed by teens jumped 20 per cent after the libraries launched their video game collection.

Prescription eye solution recalled

SAFETY Health Canada is warning that two lots of a prescription eye solution are being recalled because some bottles may contain particles that could irritate the eyes.

Ratio-Prednisolone Ophthalmic Solution is distributed by Ratiopharm Inc., of Mirabel, Que., and is normally used to alleviate inflammation of the eye.

All units from Lot HF26 and Lot HF27 in the one per cent strength are subject to the recall. THE CANADIAN PRESS

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Loblaw launches spring food drive

Loblaw Companies Ltd. is running its Extra Helping Spring National Food Drive to April 8. Last year, customers across the country helped raise $1.2 million and 1.1 million pounds of food. This year, Loblaw hopes to raise $1.35 million and 1.2 million pounds of food nationally. METRO NEWS SERVICES

Company claims it will bid to rename CN Tower

BUSINESS A used car and boat website briefly caused a media stir yesterday by claiming it was prepared to pay $78 million for the naming rights to the CN Tower.

It was all news to Gordon McIvor, vice-president of Canada Lands Corp., which owns the tower.

In a news release, Vehicle Gateway said it would formally submit a bid to Canada Lands by next Tuesday.

But McIvor emphatically denied that either the CN Tower or its naming rights were for sale, and labelled the bid a "publicity stunt" for Vehicle Gateway's new website.

What's more, McIvor said, he had never heard from Vehicle Gateway prior to yesterday, when he and his staff contacted it about the news release.

> **"We have received no bid. We haven't even had a conversation with them."**
> Gordon McIvor

"We have received no bid," said McIvor. "We haven't even had a conversation with them other than our phoning them and asking them what they're doing.

A Vehicle Gateway spokesman denied the news release was a publicity stunt. "It's 100 per cent legitimate," said Sam Lewis. "The bid hasn't been put in yet. We're sending out the bid next Tuesday. This is just making it public to Canada and the rest of the world."

TORSTAR NEWS SERVICE

RICK MADONIK/TORSTAR NEWS SERVICE

David Gerofsky, president and CEO of Great Gulf Group of Companies, shows off a model of One Bloor, a mixed-use project the company is building at the corner of Yonge and Bloor.

One Bloor on track again?

Project to feature condos, retail

If anything kept him awake at night, says David Gerofsky, it was an overwhelming sense of responsibility.

"This is a larger than life project, and there were a lot of expectations. So we had to do it right the first time," said Gerofsky, president of the Great Gulf Group of Companies.

Gerofsky is talking about One Bloor. The mixed-use project at the intersection of Yonge Street has been the site of controversy since the original developer, Bazis International, became a poster child of the global economic meltdown last year.

"There is only one Yonge and Bloor. It's not just the most important corner in the city, it's probably the most important corner in the country," said Gerofsky in an exclusive interview with Torstar.

Gerofsky talked about his company's plans for the hotly anticipated project, and how he expects it will transform the city.

New renderings show how the 65-storey mixed-use building will relate to the intersection once it is completed — now estimated to be Christmas 2014.

The bold, futuristic building will feature undulating, organic curves designed by Hariri Pontarini Architects. The design is striking: More fluid and prettier than the original tower plans, but perhaps destined to create its own sense of controversy on whether it fits into the landscape.

> **"This will be the most luxurious building in the city. We will spare no expense."**
> David Gerofsky

Interiors are by Toronto firm Cecconi Simone Inc., known for its cutting-edge style. Outdoor landscaping is by Janet Rosenberg, one of Canada's foremost landscape architects.

"We knew we had to get the design right — this had to be an iconic and special place," said Gerofsky. "This will be the most luxurious building in the city. We are sparing no expense."

The most immediate impact at the pedestrian level is that instead of a hotel as originally planned, pedestrians will be met by 100,000 square feet of retail space. Gerofsky said he has not yet rented the retail space, but sources say Apple Canada may be one candidate anxious to find a spot on pricey Bloor Street.

Amenities on the sixth and seventh floors will be extensive, with 27,000 square feet of space just for residents.

TORSTAR NEWS SERVICE

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Police seek witnesses to fatal crash

Police in Durham Region are looking for witnesses to a fatal crash that killed a 20-year-old man from Bowmanville. The man was driving in the city Monday afternoon when his vehicle left the road and crashed on Baseline Road. THE CANADIAN PRESS

Scare for Air Canada passengers

About 100 people on a Montreal-to-Toronto Air Canada flight had a scare yesterday once the A-320 aircraft landed at Pearson International Airport.

While approaching Toronto, the pilot noticed an indicator light that signalled a hydraulic malfunction and alerted the airport the plane would have to be towed to the gate because of a steering problem.

The plane landed OK, but Air Canada spokesman Peter Fitzpatrick said while it waited for the tow a "haze" developed in the passenger cabin and flight crew decided to evacuate the aircraft. It's believed the cause of the smoke was hydraulic fluid. The 99 passengers slid down emergency chutes and were taken the short distance to the airport terminal by bus.

Fitzpatrick said six people suffered "mostly scrapes and bruises," and one man, who was taken to hospital as a precaution with a sore back, was released.

THE CANADIAN PRESS

ROB CHALLE/THE CANADIAN PRESS

Passengers stand on the tarmac yesterday at Pearson International Airport after an Air Canada flight was forced to make an emergency landing.

News in brief

CHARGES Toronto police say a man being sought for allegedly assaulting a parking enforcement officer has turned himself in. Police say the officer was knocked to the ground Sunday afternoon by a man who had just been issued a ticket. The attendant was punched once in the head and was further injured when he fell and hit his head on the pavement, at Danforth and Carlaw. Charges against Panagiotis Merris, 44, from Toronto, include assault causing bodily harm and assault with a weapon. Merris was scheduled to appear in court yesterday.

THE CANADIAN PRESS

TRANSITCITY
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Notice of Completion of Environmental Project Report

Etobicoke-Finch West Light Rail Transit, City of Toronto and Toronto Transit Commission

The Project

The City of Toronto and the Toronto Transit Commission have completed an Environmental Project Report in accordance with Ontario Regulation 231/08 for the Etobicoke-Finch West Light Rail Transit (LRT) Project.

This 17-kilometre long LRT service will link Finch Station and Humber College. The light rail line will run west from Finch Station along Finch Avenue West to Highway 27 where it will turn south to Humber College Boulevard, and make a connection with Humber College. The light rail service will replace a busy existing bus route, and provide fast and frequent east-west service through the northern part of North York and Etobicoke. In addition to Finch Station on the Yonge Subway, the line will connect with Finch West Station on the Spadina Subway extension, and with the proposed Jane light rail line. The entire line is proposed to be above ground, utilizing reserved transit lanes in the centre of Finch Avenue, with the exception of the connections to the two subway stations, which will have short grade separated sections for the convenience of transferring passengers.

The Process

The environmental impact of this transit project was assessed and an Environmental Project Report prepared according to the transit project assessment process prescribed in Ontario Regulation 231/08, Transit Projects and Greater Toronto Transportation Authority Undertakings.

The Environmental Project Report for the Etobicoke-Finch West LRT will be available for a 30-day review period starting March 24, 2010 on the project website: www.toronto.ca/transitcity (Etobicoke-Finch LRT) and at the following locations:

Locations for 30-day Review Period

Ministry of the Environment
Environmental Assessment & Approvals Branch
2 St. Clair Avenue West, Floor 12A,
Toronto, ON M4V 1L5
416-314-8001/1-800-461-6290

Ministry of the Environment
Central Region Office,
5775 Yonge Street, 8th Floor
North York, ON M2M 4J1
416-326-6700

City of Toronto
City Clerks Office Toronto City Hall
100 Queen Street West, 10th Floor
West Tower
Toronto, ON M5H 2N2
416-392-8032

Toronto Transit Commission
Transit City Department
5160 Yonge Street, 13th Floor
Toronto, ON M2N 6L9
416-397-8515

Toronto Public Library,
Humberwood Branch
850 Humberwood Blvd.
Toronto, ON M9W 7A6
416-394-5210

Toronto Public Library
Albion Branch
1515 Albion Rd.
Toronto, ON M9V 1B2
416-394-5170

Toronto Public Library
Humber Summit Branch
2990 Islington Avenue
Toronto, ON M9L 2K6
416-395-5840

Toronto Public Library,
York Woods Branch
1785 Finch Ave. West
Toronto, ON M3N 1M6
416-395-5980

Toronto Public Library,
Centennial Branch
578 Finch Ave. West
Toronto, ON M2R 1N7
416-395-5490

Toronto Public Library,
North York Central Library
5120 Yonge St.
Toronto, ON M2N 5N9
416-395-5535

There are circumstances where the Minister of the Environment has the authority to require further consideration of the transit project, or impose conditions on it. These include if the Minister is of the opinion that:

- The transit project may have a negative impact on a matter of provincial importance that relates to the natural environment or has cultural heritage value or interest; or,
- The transit project may have a negative impact on a constitutionally protected Aboriginal or treaty right.

Before exercising the authority referred to above, the Minister is required to consider any written objections to the transit project that he or she may receive within 30 days after the Notice of Completion of the Environmental Project Report is first published.

Interested persons are encouraged to review this document and provide comments by April 22, 2010. Comments and concerns may be directed to the project contacts listed below. If you have unresolved concerns, you have the right to submit an objection to this transit project to the Minister of the Environment no later than April 22, 2010 (77 Wellesley St. West, 11th Floor, Ferguson Block, Toronto, ON M7A 2T5, Fax: 416-314-6748, E-mail: Minister.moe@ontario.ca Attention: Minister of the Environment). Although not required, a copy of the objection is requested to be forwarded to the Director and project contacts listed below.

Director
Environmental Assessment & Approvals Branch
Ministry of the Environment
2 St. Clair Avenue West, Floor 12A
Toronto, ON M4V 1L5

Attn: Michelle Fromme-Marcellin, Project Officer
Email: michelle.fromme-marcellin@ontario.ca
Phone: 416-314-7225 or
1-800-461-6290
Fax: 416-314-8452

Rick Holli
Toronto Transit Commission
Etobicoke-Finch
Project Manager
5160 Yonge Street, 3rd Floor
Toronto, ON M2N 6L9

finchtransit@toronto.ca
Fax: 416-338-0251
TTY: 416-397-0831
Phone: 416-392-6900

Under the Freedom of Information and Protection of Privacy Act and the Environmental Assessment Act, unless otherwise stated in the submission, any personal information such as name, address, telephone number and property location included in a submission will become part of the public record files for this matter and will be released, if requested, to any person.

Issue Date: March 23, 2010

TRANSIT CITY
TORONTO TRANSIT COMMISSION
TORONTO
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Quebec man arrested in coke bust

A 57-year-old man from Sorel-Tracy, Que., has been arrested in Arkansas for allegedly transporting about 90 kilograms of cocaine worth an estimated $4.5 million. The cocaine was inside a hidden compartment of the trailer hauling new cars from California to Quebec. THE CANADIAN PRESS

Canada 60

Tweet your Earth Hour to Metro

Earth Hour is Saturday at 8:30 p.m. What will you be doing? This week, we'll share some tweets from Metro readers.

@kevinodotnet: "I'll spend Earth Hour on Parliament Hill with a (carbon footprint friendly) beeswax candle keeping me toasty warm!"

Send your Earth Hour tweets to @metrotoronto. METRO NEWS SERVICES

Protect the customer: CRTC

Canadian TV subscribers were put on a pedestal yesterday, with both cabinet and the broadcast regulator lavishing attention on how to protect the ordinary, cash-strapped consumer.

The Canadian Radio-television and Telecommunications Commission (CRTC) said it would like to see a new, self-regulated, independent, customer-complaints body within the cable and satellite industry.

It would also like a government awareness campaign to tell people about the country's transition to digital TV signals in the summer of 2011. Many viewers with older sets won't be able to tune in after the conversion and the commission suggests they should get some help to pay for the cost of a digital converter box, as was done in the U.S. Those were just two of the recommendations the CRTC sent to the government on the heels of the major decision on rebalancing the financial landscape in the broadcasting industry. For the first time, the commission said TV networks can seek payment for their programming, either in kind or in cash. THE CANADIAN PRESS

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ADRIAN WYLD/THE CANADIAN PRESS

Minister of Canadian Heritage and Official Languages James Moore makes his way to a committee meeting on Parliament Hill in Ottawa, yesterday.

Canadians getting Vitamin D: StatsCan

HEALTH The vast majority of Canadians get enough vitamin D to stave off rickets and ensure their bone health, though that may not be where the vitamin D bar ought to be set, a new study from Statistics Canada reveals.

The first ever effort to measure vitamin D in the blood of Canadians found only four per cent were deficient, meaning they were at risk of developing rickets, a bone-bending condition. Ninety per cent of Canadians met a somewhat higher threshold that is thought to be the minimum for good bone health, according to the article, which is based on data from the Canadian Health Measures Survey. THE CANADIAN PRESS

News in brief

EARTH HOUR The lights will be switched off at landmarks in more than 250 Canadian cities Saturday to mark Earth Hour. People the world over are asked to turn off the lights from 8:30 p.m. to 9:30 p.m. local time to show global support for action on climate change. The World Wildlife Fund says landmarks will be dimmed in more than 115 countries and the 250 Canadian communities signed up is the most of any country. The environmental group says many corporate leaders have also signed on, including such well-known brands as Coca-Cola. THE CANADIAN PRESS

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Fairview Mall
Fairview Park Mall
Georgian Mall
Heritage Place
Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
Northgate Shopping Centre
Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
Scarborough Town Centre
Sherway Gardens
Square One
Stone Road Mall
Tecumseh Mall
The Promenade
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

Saskatchewan puts up money for First Nations University

The Saskatchewan government has reached a deal to restore $5.2 million in funding for the First Nations University of Canada. The four-year agreement will see the aboriginal school partner with the University of Regina, which will oversee the finances. THE CANADIAN PRESS

Tory abortion policy still unclear

Commons vote fails to clarify government position ahead of G8 summit

A divisive parliamentary vote designed to smoke out the Harper government's attitude to funding foreign abortions came and went yesterday with voters none the wiser on Conservative policy — or that of the Liberal Opposition, for that matter.

ADRIAN WYLD/THE CANADIAN PRESS

Minister of International Co-operation Bev Oda arrives at a news conference on Parliament Hill yesterday. Oda told the Commons her government has no intention of re-opening the abortion debate.

Liberal MP Bob Rae's motion concerning a maternal health initiative at this summer's G8 summit was nominally supported by all three opposition parties in the Commons, but was defeated 144-138 when a number of Liberal MPs failed to show up for the vote. Three staunchly pro-life Liberals also voted with the Tories.

Conservatives had called the motion "a transparent attempt to reopen the abortion debate," while steadfastly refusing to clarify the government's position on the matter.

They voted en masse against ensuring that G8 leaders consider a "full range of family planning, sexual and reproductive health options, including contraception" when considering the problem of maternal and child health.

For their part, the Liberals failed to use the words abortion or termination of pregnancy in their motion, and Rae danced around the issue when pressed.

"What we can say as a country is we are not going to discriminate against NGOs that advocate on behalf of women, including referrals for abortion services," Rae said.

The result was a mealy-mouthed debate that pandered to various factions while clarifying little.

Liberal Leader Michael Ignatieff attempted to dress up the debacle as an exercise in clarity that illustrated a government "improvising madly on this issue for two months."

But he still couldn't bring himself to use the "abortion" word, and also hedged on what he'll do to discipline his wayward caucus, calling it an internal matter.

Mississauga MP Paul Szabo, one of three Liberals to vote against his party's motion, said no one told him it was a whipped vote.

"I am a pro-life member of Parliament. This is a moral issue for me and I exercised the vote based on my conscience," he said.

THE CANADIAN PRESS

Canadians back contraceptives for poor, survey finds

AID A new poll suggests Canadians overwhelmingly support providing contraceptives to the world's poorest women, but they're not so sure about abortion.

The Canadian Press Harris-Decima survey comes amid debate over Prime Minister Stephen Harper's stand during the G8 summit. The poll indicates fully 74 per cent believed the plan should include government funding for contraception; only 21 per cent were opposed.

Harris-Decima chairperson Allan Gregg says the poll helps explain why the government has clarified its willingness to include contraception in the plan but has so far refused to be pinned down on the abortion question. The survey of 1,008 Canadians was conducted March 18-21 and is considered accurate within 3.1 percentage points. THE CANADIAN PRESS

48 The percentage of respondents who believe Prime Minister Stephen Harper's initiative for the world's poorest nations should not include funding for abortion services. Forty-six per cent were in favour. THE CANADIAN PRESS

Port security lax in Halifax, report says

STOWAWAYS A Transport Canada review of the escape of four Algerian stowaways from a Halifax terminal two years ago says there was a need for updated phone lists and security procedures at the port gate.

The men sprinted from the gate on March 16, 2008, setting off a national debate about security at one of Canada's busiest ports. They weren't captured until they attempted to board a train in Truro, about 100 kilometres away.

A review obtained under access-to-information legislation says four federal agencies involved in port security agree that more attention to co-operation is needed. The four stowaways managed to get off buses being transported on a ship, eluding a guard at the Ceres Corp. container terminal in Halifax.

Senator Colin Kenny says the review should have delved deeper into whether the border services agency is doing enough checks on container ships when they arrive in port.

THE CANADIAN PRESS

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Worried tenants take concerns to lawmakers in Saskatchewan
People who fear being driven from their homes because of rising rents have taken their concerns to the Saskatchewan legislature. Some tenants say they've been warned by landlords they will be charged double for their apartments and other housing by the end of the year. THE CANADIAN PRESS

Real estate ruling baffles agents

Thousands of independent Canadian real estate agents who battle daily for clients cannot fathom why the competition watchdog believes the industry is "anti-competitive," says the head of one of Canada's largest brokerages.

Philip Soper, president of Royal LePage, says many of his agents are confused about why the federal Competition Bureau continues to bemoan a lack of choice even after the industry voted to introduce more service flexibility.

Phil Soper

"(The realtors) feel that they live in a hyper-competitive industry where they have to fight for every piece of business," he said in an interview yesterday.

"What they see is heavy competition day after day, and so when an official body states they believe there isn't competition, they find that disturbing and they can't understand why."

The Canadian Real Estate Association, which represents about 98,000 realtors, loosened its rules Monday to lift restrictions on realtors' minimum service requirements and allow consumers to use an agent to simply list their property and handle the details on their own.

But the Competition Bureau rejected those changes, saying it does not create more choice for homebuyers and sellers, and instead gives realtors a "blank cheque" to impose new anti-competitive rules.

THE CANADIAN PRESS

RICK EGLINTON/THE TORONTO STAR

The Canadian Real Estate Association loosened its rules Monday to lift restrictions on realtors' minimum service requirements and allow consumers to use an agent to simply list their property and handle the details on their own.

First Nations ready to fight oil project

BRITISH COLUMBIA A large coalition of B.C. First Nations has publicly declared opposition to a proposed pipeline that would deliver oil from the Alberta tarsands to waiting ships on the coast of British Columbia, saying it will do whatever it takes to halt the project.

Coastal First Nations from Vancouver Island to the B.C.-Alaska border announced their decision yesterday, on the 21st anniversary of the Exxon Valdez oil spill in Alaska.

The Enbridge pipeline would stretch more than 1,000 kilometres, from the tarsands near Edmonton to the northwestern B.C. coastal town of Kitimat, before crude would be loaded onto tankers for export across the ocean.

Coastal First Nations executive director Art Sterritt says after five years of scientific research and community consultations, the groups have found "no good" can come from the project.

He says if the project goes forward, it will jeopardize the land, people and wildlife for generations to come.

Enbridge says its Northern Gateway Project will create more than 4,000 construction jobs and generate tax revenue for both provinces, and asserts that ships have safely carried petrochemicals out of the Kitimat port for 25 years.

THE CANADIAN PRESS

Northern Ontarians lack health access: NDP

HEALTH CARE The provincial NDP says dozens of people in northern Ontario are being forced to cancel appointments with specialists because of delays in government-funded travel grants.

New Democrat Howard Hampton says the government is dragging its feet rather than helping northerners who have to travel hundreds of kilometres in order to see a specialist.

Christopher Pelletier of Emo, Ont., says he was informed that it would take at least 10 weeks before his application for a travel grant was even considered.

Health Minister Deb Matthews told the legislature she was unaware of the problem and will look into it.

THE CANADIAN PRESS

Convict to enjoy more freedom soon

PAROLE A man serving a life sentence for his role in the murders of three McDonald's restaurant workers in Cape Breton has had his unescorted leaves from prison extended by the National Parole Board.

The board says that as of tomorrow, Darren Richard Muise can leave prison twice for up to 72 hours during the next 60 days.

Shorter temporary absences were granted by the board last November and August.

Muise was 18 when he and two other young men robbed the McDonald's in Sydney River in May 1992.

He later pleaded guilty to murdering Neil Burroughs, a 29-year-old married father and maintenance worker.

Muise's accomplices, Freeman MacNeil and Derek Wood, were convicted of first-degree murder in 1993 and sentenced to life with no parole for at least 25 years.

THE CANADIAN PRESS

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Nova Scotia's top Liberal apologizes for spending scandal
Nova Scotia's Liberal leader, Stephen McNeil, said he's sorry for his party's role in misuse of legislative allowances, initially revealed by a provincial auditor general's report last month. THE CANADIAN PRESS

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Opposition MPs say Coulter tour is sign of government hypocrisy

The Harper government is being accused of hypocrisy for letting incendiary right-winger Ann Coulter into the country while giving her ideological opposite the boot.

New Democrat MP Olivia Chow said the decision last year to bar British MP George Galloway, who has expressed pro-Palestinian views, shows the Conservatives have a double-standard on freedom of speech.

Immigration Minister Jason Kenney defended keeping Galloway out of the country by noting his financial help to a terrorist group, Hamas.

"Hogwash," responded Chow.

"George Galloway has no criminal record. He can travel the United States, all over the world. What the minister is doing ... people he agrees with, fine come; people he doesn't agree with, you can't come."

Coulter is a best-selling author and syndicated columnist who has been called one of the leaders of the angry right wing in the United States, along with talk show hosts Rush Limbaugh and Glen Beck. She embraces the outrage she triggers although she has often dismissed the ensuing controversy by suggesting she was trying to be humorous.

Some Conservative MPs refused to respond to questions about Coulter's views yesterday. Heritage Minister James Moore and Nepean MP Pierre Poilievre breezed past reporters asking about Coulter.

Those Conservatives willing to publicly assess Coulter's comments weighed them on the basis of allowing free speech.

"We support freedom of speech," Peterborough, Ont. MP Dean Del Mastro told reporters. "But we do have limits in Canada, and I think they need to be respected."

Coulter has never shied away from controversy and her heated rhetoric in the past was enough to prompt a warning letter from the provost of the University of Ottawa even before she entered the country.

"I've been a victim of a hate crime," she said on Monday in London, Ont. "I think he's accusing me of criminal proclivities."

She was true to form Monday night at the University of Western Ontario, when she told a Muslim student to "take a camel."

She has said worse things, including "not all Muslims may be terrorists, but all terrorists are Muslims," and that Canadians ought to be grateful the U.S. didn't roll over them. That was after former prime minister Jean Chretien refused to follow George Bush into the war in Iraq.

THE CANADIAN PRESS

MORE COVERAGE, PAGE 22

Ann Coulter

Coulter's speech in Ottawa cancelled

- Security officials have scrubbed American right-winger Ann Coulter's speech at the University of Ottawa after a boisterous protest prompted concerns for her safety. A spokesman for the group that organized the event said they were fears for Coulter's well-being after about 2,000 people gathered outside the venue to protest her presence there.

Pay cut, fees not enough to offset Manitoba's spending

BUDGET Manitoba's NDP government is looking at four more years of deficits, even with the higher user fees, cancelled tax cuts, and a pay cut for cabinet ministers that were announced in yesterday's budget.

The government delivered a $10.7-billion spending plan that will affect almost every person in the province, and create $1.4 billion in red ink between now and 2014.

With the economy struggling, the government chose to run deficits instead of cutting spending, Finance Minister Rosann Wowchuk said.

"We decided that we did not want to make short-term decisions that would jeopardize vital front-line services and leave us at a disadvantage when ... the economy turns around," Wowchuk told reporters.

Government spending will increase by five per cent, with schools and hospitals getting the lion's share of new money.

The deficit means cabinet ministers must take a $9,200 salary cut. The move is required under the province's balanced budget law, which says a budget must be balanced over four years. The law will be changed to allow the deficits, Wowchuk said.

THE CANADIAN PRESS

50 Manitoba smokers will pay an additional 50 cents for a pack of cigarettes, as part of the provincial government's deficit-reduction strategy.

News in brief

CONTRACT Public Works Minister Rona Ambrose announced yesterday that Montreal's CAE Inc. has been awarded a $250-million federal contract to provide training services for new helicopters. The flight-simulation company will provide training for 15 new military helicopters, Chinook CH147Fs, ordered at a total cost of $1.5-billion by Ottawa last year. THE CANADIAN PRESS

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Tofino looks at smoking ban
The Vancouver Island town of Tofino is preparing a bylaw that would ban smoking in the municipality's parks. THE CANADIAN PRESS

Forces to keep quiet on injured soldiers

No longer reporting injuries in effort to keep Taliban guessing

The Canadian military has quietly stopped reporting when soldiers are wounded on the battlefield and will instead deliver annual statistics to the public.

The stark policy shift is described as a deliberate attempt to keep the Taliban in the dark.

The weekend death of Cpl. Darren Fitzpatrick in an Edmonton trauma centre brought the directive to the forefront. The 21-year-old was mortally wounded in a previously unreported March 6 roadside bombing.

Fitzpatrick, of 3rd Battalion, Princess Patricia's Canadian Light Infantry, was on a foot patrol with Afghan soldiers when the blast occurred in the volatile Zhari district, west of Kandahar.

There have been other recent unreported incidents, including a soldier with a gunshot wound to the leg last week.

JOHN ULAN/THE CANADIAN PRESS

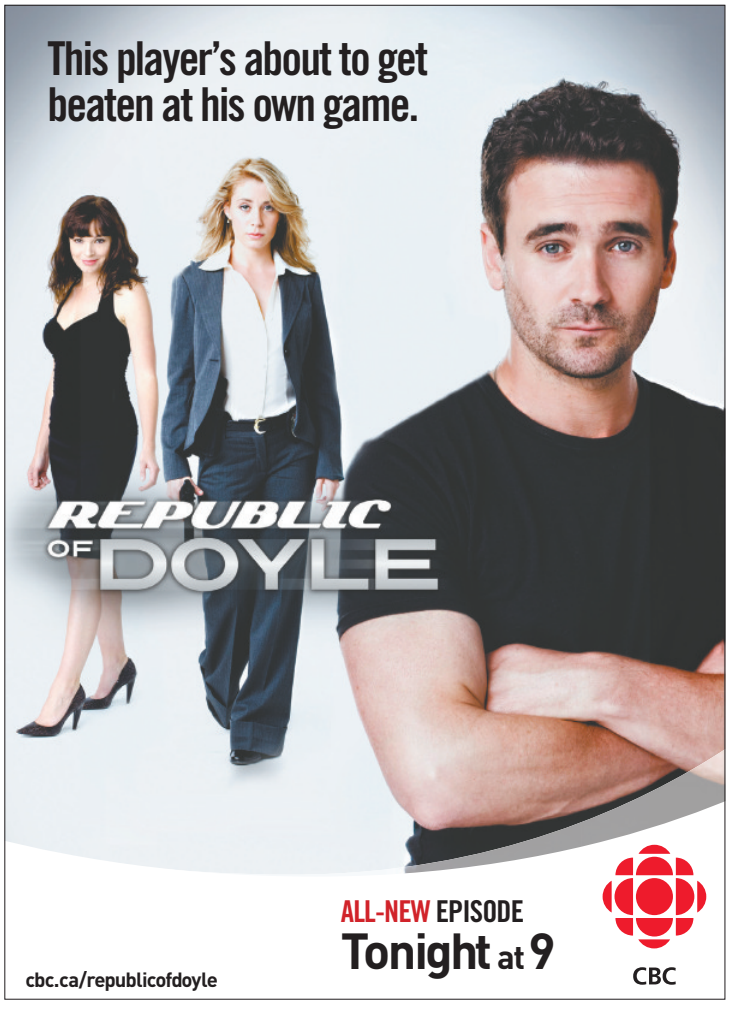
Lt.-Col. Peter Dawe, commanding officer of the 3rd Battalion, Princess Patrica's Canadian Light Infantry, speaks to reporters yesterday about the death of Cpl. Darren Fitzpatrick.

In a written statement late yesterday, Canada's task force commander, Brig-Gen. Dan Menard, said the directive was necessary. The army does not want militants "to link the number of wounded with any particular incident," he said.

"If the insurgents knew how many soldiers were wounded in each particular incident, they could use this information to improve their tactics in the future and cause more Canadian casualties."

It's the first time in nearly four years of heavy fighting that the military has extended the blanket of secrecy, known colloquially as battle damage assessment, to its own soldiers.

THE CANADIAN PRESS



Former Nigerian leader calls for fairness in Guinea vote

Nigeria's former president is calling for fair elections in Guinea after recent political upheavals in the small West African country. Olusegun Obasanjo urged Guinea's interim leaders to not run for office or intimidate voters in the elections scheduled for June 27. THE ASSOCIATED PRESS

World

Residents home after volcano erupts

Authorities in Iceland say the remaining residents evacuated from the area where a volcano erupted have returned to their homes. Iceland's Civil Protection Department says that the inhabitants of the 14 farms closest to the remote volcano in southern Iceland have been given the all clear. An eruption Saturday at Eyjafjallajokull — which has been dormant for nearly 200 years — forced at least 500 people to evacuate.

THE ASSOCIATED PRESS

8 kids fatally stabbed outside China school

A former medical worker stabbed to death eight young children and wounded five others yesterday in a bloody rampage outside an elementary school in eastern China.

The 41-year-old attacker struck in the morning as students arrived for classes, mingling with parents at the school gates before suddenly pulling out his knife and slashing children, according to witnesses interviewed on local television.

In the aftermath, doctors treated small children and bodies lay covered in bloody sheets after the attack at Nanping City Experimental Elementary School in Fujian province. Police officers manned a cordon around the school. Some comforted distraught parents.

China has witnessed a series of school attacks in recent years, most blamed on people with personal grudges or suffering from mental illness.

The rampage in Nanping was finally stopped by passers-by and school security guards and the attacker was arrested, the reports said. The suspect was identified as Zheng Minsheng, 41.

Zheng worked as a senior nurse in a community clinic before resigning last June, the official Xinhua News Agency said.

Zheng was known to have a history of mental illness, said a man in the Nanping city government office.

An unidentified former co-worker interviewed on Fujian television said Zheng was "difficult to get along with."

Eight children were killed, and five were being treated at a hospital, Wu said. Six died at the scene, which was smeared with blood from the sidewalk to the floor of an inner reception room. The victims' ages were not immediately known, but Chinese elementary schools typically have students ages six to 12.

THE ASSOCIATED PRESS

Pattern of attacks in China

- Recent school attacks include a July 2007 assault in which a mentally ill man wielding a wrench wounded 18 children and a teacher in a kindergarten in southern China before fleeing on a motorcycle and trying to stab himself to death. In June the same year, a man slashed four students, wounding one seriously, in a high school in the southeastern city of Fuzhou, while elsewhere, police shot dead a suspected mentally ill man who threatened to blow up a school in southern China with dynamite.

Anubis Takes Manhattan

SETH WENIG/THE ASSOCIATED PRESS

A 25-foot tall replica statue of the Egyptian god Anubis, with a suitcase at his feet, passes in front of the Brooklyn Bridge in New York yesterday. The statue was travelling to announce the upcoming exhibit Tutankhamun and the Golden Age of the Pharaohs starting on April 23 at the Discovery Times Square Exposition.

Cheap vodka kills: Russian research

RUSSIA Researchers and activists yesterday warned that low taxes on vodka — which are three times less than in the Baltic states — have encouraged heavy drinking among Russians, cutting their average life expectancy by 10 years. The government-approved minimum retail price for a half-litre bottle of vodka is currently 89 rubles (about $3), considerably lower than in Europe, and about two-thirds of deaths in car accidents in Russia are alcohol-related. Recent government statistics have indicated that as much as 18 litres of alcohol per capita is consumed in Russia every year. THE ASSOCIATED PRESS

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Smokes stolen while driver sleeps
Thieves stole more than five million cigarettes yesterday from a truck at a highway rest area in western Germany as its driver slept in the cab. THE ASSOCIATED PRESS

U.S. pledges support for Mexican drug war

A cast of senior U.S. security officials pledged long-term support for Mexico's drug war while acknowledging yesterday that an insatiable U.S. appetite for illegal narcotics is at the core of the problem.

Secretary of State Hillary Rodham Clinton, who led the U.S. delegation, told the meeting that the drug cartels responsible for increasing violence in the border region are fighting not just Mexican military and law enforcement forces but also the United States.

"There is no question that they are fighting against both of our governments," she said, according to a copy of her closed-door remarks.

"Tragically, that fact was underscored on March 13," with the murders of two Americans and a Mexican affiliated with the U.S. consulate in Ciudad Juarez, Clinton said.

To send a message that the U.S. was serious about its pledge, it sent the Obama administration's most senior deputies — including Defence Secretary Robert Gates and Chairman of the Joint Chiefs of Staff Adm. Mike Mullen.

Clinton

The U.S. has sent helicopters, X-ray vans and sniffer dogs to help Mexico tackle drug cartels, but Mexican leaders attending the one-day session with the visiting U.S. officials say that to really help, the Americans must tackle their problem of drug consumption.

THE ASSOCIATED PRESS

News in brief

HOT WEAPON The Indian military has a new weapon against terrorism: The world's hottest chili. After conducting tests, the military has decided to use the thumb-sized "bhut jolokia," or "ghost chili," to make tear gas-like hand grenades to immobilize suspects, defence officials said yesterday. The bhut jolokia was accepted by Guinness World Records in 2007 as the world's spiciest chili.

THE ASSOCIATED PRESS

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Kenya's witness-protection program may not fly
Support is thin for Kenya's plan to protect those threatened after 2007-08's election violence. THE ASSOCIATED PRESS

Signed, sealed, delivered

With stroke of pen, historic U.S. health bill becomes law

U.S. President Barack Obama yesterday signed into law a landmark health-care reform bill, presiding over the biggest shift in U.S. domestic policy since the 1960s and capping a divisive, yearlong debate that could define the November congressional elections.

The law will bring near-universal coverage to a wealthy country in which tens of millions of people are uninsured. The plan's provisions will be phased in over four years, and it is expected to expand coverage to about 94 per cent of eligible non-elderly Americans, compared with 83 per cent today.

Barack Obama

"We have now just enshrined the core principle that everybody should have some basic security when it comes to their health," Obama said at a signing ceremony at the White House, where he was joined by House and Senate Democrats who backed the bill as well as ordinary Americans whose health-care struggles have touched the president.

"We are not a nation that scales back its aspirations. We are not a nation that falls prey to doubt or mistrust," Obama said. "That's not who we are. That's not how we got here."

Obama has pushed health care as his top priority since taking office in January 2009.

Failure would have weakened him and endangered other issues on the president's ambitious domestic agenda

THE ASSOCIATED PRESS

British government sends diplomat packing

DIPLOMACY Britain expelled an Israeli diplomat yesterday over the alleged use of forged U.K. passports in a suspected Mossad hit. It was the first time Britain has ousted an Israeli diplomat in more than 20 years.

Foreign Secretary David Miliband told the House of Commons the diplomat, who has not been named, was removed from London following an investigation into the use of 12 fake U.K. passports in the Jan. 20 slaying in Dubai of Hamas agent Mahmoud al-Mabhouh.

"The relationship between Israel and the U.K. is of mutual importance."
Ron Prosor, Israeli ambassador to U.K.

Israel's ambassador said he was "disappointed by the decision of the British government" but pledged the two countries would still have close ties.

"The relationship between Israel and the United Kingdom is of mutual importance," said Ron Prosor, Israel's ambassador to the U.K.

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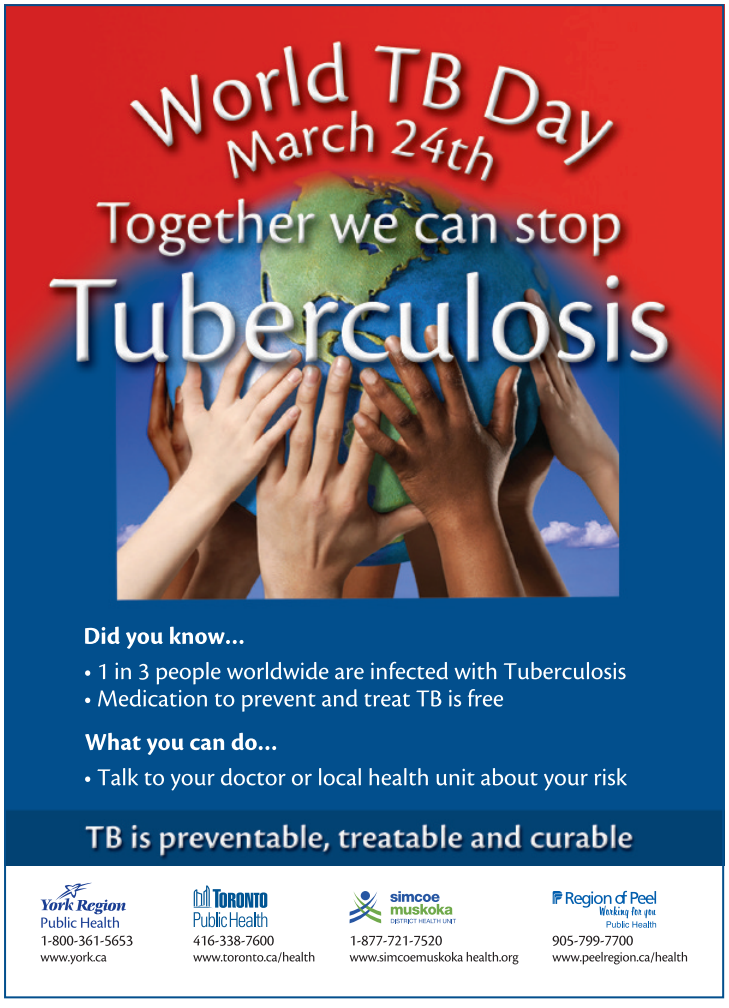

Russian court fines officer for YouTube talk

A police officer in Russia was found guilty of slander for complaining on YouTube of corruption in the law enforcement system. The court fined him. THE ASSOCIATED PRESS

Six die in Calcutta blaze

Dozens rescued from old, six-storey building

A fire raced through the upper floors of an old, six-storey building in Calcutta yesterday, killing six people, including two who jumped to their deaths as onlookers began to crowd the area.

Thousands of people gathered in a busy section of the eastern Indian city to watch firefighters use ladders to rescue dozens of people trapped inside the office and apartment building while dense smoke and fire billowed from the fourth floor upward.

About 20 people were injured.

Police were investigating the cause of the fire, which was believed to have started in an elevator, police officer Javed Shamim said. Nearly 100 firefighters spent several hours to control the blaze.

Two people jumped to their deaths while four succumbed to burn injuries in a hospital, State Home Secretary Ardhendu Sen said. Five of the 20 hospitalized were in critical condition, said Sen. THE ASSOCIATED PRESS

THE ASSOCIATED PRESS PHOTO

Rescue workers help trapped people yesterday escape from a burning building in Calcutta, India.

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Nonagenarian allegedly kills octogenarian wife
Police in Amherst, N.Y., say a 90-year-old man killed his 89-year-old wife in a domestic dispute at a retirement community. THE ASSOCIATED PRESS

REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

Hospital workers demonstrate yesterday in Paris. Nationwide strikes in France hobbled public services from transport to schools, with unions hoping their action would put the brakes on reforms planned by President Nicolas Sarkozy two days after his party's defeat in regional elections.

French government defiant amid strikes

President Nicolas Sarkozy's government vowed yesterday to stay on track with belt-tightening reforms meant to modernize France's economy, despite nationwide strikes and a blistering weekend electoral defeat.

Trains, schools and other public services were hobbled by the strike, culminating in around 180 protest marches around France, according to the CGT union. The biggest one was expected in Paris, where police said 31,000 people turned out, though the CGT union put the number at 60,000.

Unions hoped their joint action would put the brakes on retirement reforms and public sector job cuts promised by Sarkozy, who has made making France's economy more globally competitive his priority.

Polls show barely one in three French want Sarkozy to run for a second term in 2012. Yet, the government response was defiant.

Prime Minister Francois Fillon told parliamentarians the changes were needed, and would continue despite the disastrous showing in Sunday's regional elections for the governing conservative party UMP.

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Eighteen is the magical number for marriage
Yemeni women demonstrated in front of parliament urging lawmakers to ban marriage of women under age 17. THE ASSOCIATED PRESS

Hot dogs in China

China's latest must-have luxury for the ultra-rich, to go with mansions and sports cars, is a large, slobbery dog with massive amounts of hair best known for herding sheep in Tibet.

GEMUNU AMARASINGHE/THE ASSOCIATED PRESS
Tibetan mastiff puppies are a hot commodity in China.

Once banned by the Communist Party as bourgeois, pet ownership is booming in China, and the Tibetan mastiff is the dog of the moment for those who want to spread their wealth beyond stocks and real estate.

"I used to invest in German shepherds, but Tibetan mastiffs are what's hot right now," said Sui Huizheng, a business owner who has about 20 of the dogs and attended the sixth annual China Tibetan Mastiff Expo this past weekend.

Hundreds of the hairy dogs were on hand, and owners and handlers marched the most expensive ones down catwalks as though they were fashion models. Some carried the names of wealthy Americans like "Warren Buffett," while others were called "God" and "Prince."

"I can understand racehorses and diamonds, but I don't understand why someone would want to pay half a million dollars for a dog," said Martha Feltenstein, president of the American Tibetan Mastiff Association. In the U.S., they fetch several hundred dollars, Feltenstein said.

THE ASSOCIATED PRESS

German investors sentenced for kidnapping

BERLIN Three German retirees who lost $1.4 million in the financial crisis and kidnapped their American investment adviser in an attempt to recoup the money were convicted yesterday, with their 74-year-old ringleader sentenced to six years in prison.

Two couples, aged between 61 and 80, had invested their savings with James A., a financial adviser who worked out of offices in the U.S. and Germany, the Traunstein regional court said.

Four of the five defendants pleaded guilty to charges. THE ASSOCIATED PRESS

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Comment

Testing the limits of free speech

TheWestView

Who is that blond lady and why is everyone so afraid of her?

I'm talking about Ann Coulter, the right-wing designer pundit from the U.S. currently cutting a swath through Ontario and heading for Calgary, where right-wing pundits roam freely and the skies are not cloudy all day.

She's probably the only good-looking fashionable right-wing pundit in America, which isn't hard when the competition is Rush Limbaugh and Bill O'Reilly.

But while Coulter looks nice, she sure doesn't sound nice. In fact, she writes books called Treason, and Guilty, and says the nastiest things about liberals, or Democrats, as they're called in the U.S.

Here's one of the nastiest: "Whether they are defending the Soviet Union or bleating for Saddam Hussein, liberals are always against America. They are either traitors or idiots, and on the matter of America's self-preservation, the difference is irrelevant."

Woo. Fightin' words.

But she's got a million of them; so many, in fact, a few have leaked out on her scorched-earth tour of Canada. She told a Muslim student at one gathering to "get a camel" because she should be on a no-fly list, and commented that gay men can't throw a baseball "without looking like a girl." I can hardly wait until she starts to get really comfortable in Canada.

Coulter was in trouble even before she got here. Her firebrand right-wing zingers so worried a VP at the University of Ottawa, the poor man thought it was a good idea to send her a pre-emptive note reminding her that in Canada our laws on free speech are "different" here and "I therefore encourage you to educate yourself, if need be, as to what is acceptable in Canada and to do so before your planned visit here."

You don't have to be Ann Coulter to be offended by the patronizing tone of that, but she's something else. She has termed herself a victim of a "hate crime" and will file a complaint to the Human Rights Commission. The letter is a hate crime, she reasons, "or the whole commission is BS."

Ann Coulter and her fellow bigmouths do serve a function: They test the limits of freedom of expression. There's no one like her in this country, not even guys like Ezra Levant and Mark Steyn, who fly on her wing. Everyone here has either been cowed into politeness by the threat of ceaseless official harassment, or honestly believes we all have to be nice to each other in order to get along.

But freedom is noisy. And Ann Coulter, like it or not, is the noise that freedom makes.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: How will you spend Earth Hour this Saturday?

Gurbir Jolly
Toronto
A: I plan to spend it with my daughter, who is 15 months old. It'll be a family Earth Hour, nothing terribly exciting because that's when she usually naps.

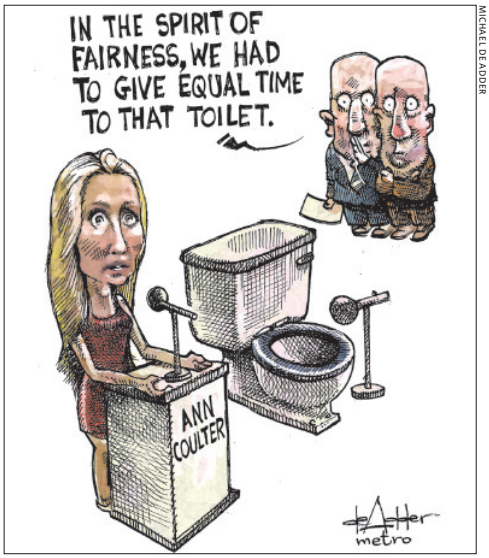
Madelaine Ley
Toronto
A: I have to be at work. I'm a waitress, so I guess I'll be struggling in the dark. I wonder what they're going to do about that.

Jack Deluca
Toronto
A: I'm going down to Dundas Square ... I'll turn off all my lights and then head down there. It's a big celebration, all kinds of entertainment.

Kaitlyn Janice
Halifax
A: A couple of friends and I are trying to create a drum circle and hang out. We want to get a bunch of people to come — maybe have a bonfire.

Salvador Garcia
Edmonton
A: I plan to shut off everything in my house, including my TV, and unplug all that stuff. I'll chill out in the dark and probably take a nap.

Loralie Frandsen
Comox Valley, B.C.
A: Hopefully, I'll be on the beach, making out with my boyfriend, drinking a bottle of wine.



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Unlimited Outgoing Text	Included (from ANY WIND Home Zone to any Canadian/US number)	Included (from anywhere in Canada to any international number)
Caller ID, Voicemail, Missed Call Alerts, Call FW	Included	$10 Caller ID, Voicemail, Missed Call Alerts, $3 Call Forwarding
Activation Fee	None	$35
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Tiomin Resources' full-year loss more than triples

Toronto-based junior miner Tiomin Resources Inc. blamed a $30-million writeoff of Tiomin Kenya Ltd. for a major deterioration in 2009 results. Its loss more than tripled to $35.4 million or seven cents per share compared with a loss of $10 million or two cents a share in 2008. THE CANADIAN PRESS

Business

DOLLAR	GAS	OIL	TSX
US 98.27¢	US $4.13	US $81.91	12,044.54
US 0.27¢	US 5.1¢	US 31¢	77.37

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Look beyond borders, bankers told

Bank of Montreal CEO says economic recovery perfect time for growth

Bank of Montreal chief executive Bill Downe says Canadian businesses should look beyond the border to expand now that the economy is recovering from recession and they can afford productivity-enhancing equipment.

Downe told the bank's annual meeting in Winnipeg yesterday that both BMO and its business customers have the opportunity to ramp up their growth.

"Given the relative strength in the economy, businesses have a rare opportunity, and clear incentives to step up innovation and their investment in leading edge equipment," Downe said.

He said the approach includes taking into account major changes in demographics, productivity and shifting markets.

Bill Downe

"What we know for certain is that over the next decade, Asia will account for a significantly higher portion of global GDP offset by a decline in Europe and Japan of almost the same magnitude," Downe said.

"In that context, how companies in Canada and the United States adapt will determine the growth rates of our domestic economies."

Canadian banks have fared better than most international financial institutions during the global economic downturn, which has increased the likelihood they could scour the market for potential acquisitions, particularly in the United States.

Downe said the bank aims to partner with businesses that are looking not only for capital, but for advice about growth.

Bank of Montreal already has a major presence in the United States with its Harris Bank subsidiary based in Chicago.

THE CANADIAN PRESS

Toyota had floor mat issue in 2003

RECALL The CBC reports that Toyota recalled cars in 2003 because of fears sliding floor mats would jam the gas pedal — almost seven years before a similar large-scale recall.

The network says critics in Canada and the United States say the 2003 recall shows that sliding floor mats in Toyota vehicles have been a problem for some time and the company should have been more vigilant.

In 2003, Toyota recalled 400 Celicas because of the "potential" danger caused by the mats, a CBC analysis of 12 years of Transport Canada vehicle recall data found.

In 2009, drivers of Toyota models including the 2009 and 2010 Rav4 and Matrix were informed that "on certain vehicles, if the specifically designed all-weather floor mat for that vehicle is not secured by the retaining clip or placed on top of an existing mat, the mat could move forward and may interfere with the accelerator pedal."

Toyota official Sandy De Felice said the 2003 and 2009 recalls are different, in large part because the 2002 Celica needed to have retaining hooks installed to keep the sliding floor mats in place.

The company maintains that in the 2009 recall, the floor mats were not being secured by hooks designed to keep them in place.

However, George Iny, executive director of the Automobile Protection Association, said the 2003 recall should have been a warning that sliding floor mats could cause accelerator pedals to stick.

He said the 2003 problems were caught quickly.

THE CANADIAN PRESS

Pedals

- Toyota is telling dealers it will provide replacement accelerator pedals to owners who are dissatisfied with their repairs under the massive recall, according to a memo obtained yesterday by The Associated Press.

Housing boom better than other countries

HOUSING Canada's housing boom will continue this spring as exceptionally low mortgage rates — and the expectation borrowing costs will soon be headed higher — add a sense of urgency to consumer buying.

A Scotiabank global real estate trends report released yesterday predicts most Canadian regions will remain sellers' markets for the first half of the year, as strong demand and rising prices continue.

"I think you're going to have a very active spring market, probably some cooling off in the second half of the year," said Adrienne Warren, the Scotiabank economist who wrote the report.

Canada's recovery continues to outpace developed countries around the world with housing prices in the fourth quarter up 19 per cent year over year. The strong performance has carried through into 2010, with sales in the first two months just slightly behind the near-record levels seen in late 2009.

"We're not seeing a lot of evidence of speculative activity. I think you're just looking at a tight market, more buyers than sellers and people have to pay a premium in that environment," Warren said.

Meanwhile, housing prices in the U.K., Japan and the U.S. were still below year-earlier levels in the final quarter of 2009.

THE CANADIAN PRESS

Going up

- Scotiabank expects about 510,000 home sales this year, up 10 per cent from 2009, but just shy of the 2007 record.
- Average prices are forecast to increase about eight per cent to a record $345,000.
- Housing starts are expected to reach 190,000, up from 149,000 last year.

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Copper miners eye 'merger of equals'

MINING Quadra Mining Ltd. and FNX Mining Company plan what they call a "merger of equals" to create a large intermediate copper producer with major holdings in Ontario, the United States and Chile.

After the $1.5-billion stock purchase of FNX by Quadra, the new company would be named Quadra FNX Mining Ltd. with equal representation from both companies at the board level and both current chief executives in key posts. Current Quadra shareholders would own about 52 per cent of the new company and FNX shareholders would own the rest.

THE CANADIAN PRESS

MedX buys laser therapy pioneer

MEDICAL MedX Health Corp. announced yesterday it has acquired laser therapy pioneer Reimers & Janssen GmbHa.

MedX, a developer of drug-free, non-invasive low level laser and light therapy for tissue repair and pain relief, did not disclose financial terms of the acquisition.

However, it said the takeover of 27-year-old Reimers & Janssen will provide an expanded line of products and improved product features for MedX's existing rehab, chiropractic, dental and acupuncture laser and light markets, as well as approved products ready for launch to veterinarians and dermatologists.

THE CANADIAN PRESS

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Cruises High fuel prices cut into profits

MOBILE PRESS-REGISTER, BILL STARLING/THE ASSOCIATED PRESS FILE PHOTO

High fuel prices dragged down results at cruise operator Carnival Corp., cutting profit by 33 per cent, the company said yesterday. But the owner of cruise liners like the Fantasy, above, said its revenue still climbed eight per cent as demand improved and cruise prices rose. For the three months that ended Feb. 28, Carnival earned $175 million US or 22 cents per share. During the same period last year, the company earned $260 million, or 33 cents per share.

Buffett's company sells more Moody's shares
Billionaire Warren Buffett's company has sold another 815,905 shares of credit ratings firm Moody's Corp., but Berkshire Hathaway Inc. still holds nearly 31 million shares. Berkshire held 48 million shares at the end of last March. THE ASSOCIATED PRESS

Nintendo DS going 3-D

3DS promised within year

Looking for its next big hit, Nintendo said yesterday it would begin selling a 3-D version of its handheld console within a year.

The Nintendo 3DS will feature a 3-D display without the need for glasses. The new portable gaming device will be compatible with software made for earlier DS models, the company said.

Nintendo revealed little else in its brief statement, except to say it would offer details in June at the Electronic Entertainment Expo in Los Angeles.

Last week, a senior Nintendo video game designer told The Associated Press during a trip to London that his company plans to turn the DS into educational aids and teaching tools.

Shigeru Miyamoto, the man behind Super Mario Bros. and other popular video games, said Nintendo will being rolling out the DS system in Japanese junior high and elementary schools in April.

Yesterday's announcement comes just days before Nintendo releases the latest version of the device, the DSi XL, in North America. Retailing for $190 US, the XL will have two screens like its predecessors. But the device and screens will be much larger than the currently available versions. The XL is already available in Japan.

THE ASSOCIATED PRESS

Still top seller

- The Nintendo Wii is losing market share, but demand for the Nintendo DS remains solid more than five years after it was launched.

The Nintendo DS topped U.S. game hardware sales in February with 613,200 units moved, beating Microsoft's Xbox 360, the Wii and Sony's PlayStation3, according to market researcher NPD Group.

Yellow Pages **Walking fingers get makeover**

RYAN REMIORZ/THE ASSOCIATED PRESS

Marc Tellier, chief executive of Yellow Media Inc., formerly Yellow Pages, shows the company's new logo at its head office in Montreal. The fingers are still doing the walking, but they've had a makeover as the company looks for increased digital growth with more web-based services. Gone from the logo is the directory the fingers had been strolling across for generations. Yellow Pages is looking at small- and medium-sized businesses for more online growth and for growth on mobile devices such as BlackBerrys and iPhones.

Google begins to feel China's heat

INTERNET Google Inc.'s attempted detour around China's Internet censorship rules was met with countermeasures yesterday by the communist government, which blocked mainland users from seeing search results dealing with forbidden topics.

China's manoeuvre, as well as its public rebuke of Google's decision to stop censoring searches for the government, rattled some of the company's investors, advertisers and users.

The chief concern is whether Google poisoned its business in one of the world's most promising Internet markets. One analyst critical of Google's move predicted the manoeuvre will cause the company's stock to fall by as much as $50 US — or about 10 per cent — in the coming weeks. The stock fell $8.50, or 1.5 per cent, to $549 yesterday.

The tensions appear to be denting Google's business. TOM Online, a provider of online and mobile services in China that is owned by a Hong Kong tycoon, said it would not renew an alliance with Google to avoid violating any Chinese laws.

THE ASSOCIATED PRESS

C-Com board declares its first dividend

EARNINGS C-Com Satellite Systems Inc.'s board of directors declared the first dividend in the company's history yesterday, even as the communication equipment provider said its full-year profit tumbled by nearly 50 per cent.

The Ottawa-based company said 12-month net income totalled $1.3 million or four cents a share, down from $2.5 million or eight cents a share in 2008.

Revenues for the period ended Dec. 31 rose slightly to $9.2 million from $9 million.

The board of directors declared a two-cent, one-time special dividend on common shares, payable April 20.

THE CANADIAN PRESS

VW issues shares to finance Porsche

AUTOS German carmaker Volkswagen AG says it has started the issue of up to 65 million new shares to institutional investors to help finance the integration of sports car maker Porsche.

Volkswagen is Europe's largest automotive group and will have 10 brands when Porsche is included into the group. Other brands include Audi, Seat, Skoda and Bentley.

Shares of VW were more than two per cent lower.

THE ASSOCIATED PRESS

Business in brief

TRADING HALTED Trading in shares of Sahara Energy Ltd. was halted on the TSX Venture market yesterday as the oil and gas junior announced it was filing for protection under the Bankruptcy and Insolvency Act. The news comes after an announcement late last week of a letter of intent to negotiate the sale of Sahara's Alberta and Saskatchewan properties to Gallic Energy Ltd.

THE CANADIAN PRESS

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Sports

Arenas pressured teammate: Prosecutors

Prosecutors say Washington Wizards star Gilbert Arenas, left, tried to pressure teammate Javaris Crittenton into covering up their locker-room confrontation in December. Assistant U.S. Attorney Christopher Kavanaugh made the allegation in a court filing yesterday as he advocated for a three-month jail sentence for Arenas for bringing guns to the Verizon Center. Sentencing is scheduled for Friday. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

PAUL CHIASSON/THE CANADIAN PRESS

Tessa Virtue and Scott Moir perform their compulsory dance yesterday at the world figure skating championships in Turin, Italy.

Golden duo starts on top

Virtue, Moir competing at worlds

Tessa Virtue and Scott Moir were the picture of elegance gliding around the Palavela ice, she in glamorous silver and sequins, he in bow tie and tails, their execution of the Golden Waltz exquisite.

But don't be fooled by their polished performance in the compulsory dance that vaulted the Canadians into the lead at the world figure skating championships. Virtue and Moir are far from fans of what they believe is an antiquated element of ice dance, and will be thrilled to see it go.

"We think it's a little outdated and I don't think that the results really speak true when they come out after compulsory dances, and I don't think it's necessary anymore in today's sport of ice dance," Moir said. "I think it has kind of come a long way and (the compulsory dance) is kind of holding us back.

"That's my opinion, but what do I know, I'm only the Olympic champion," he added, then laughed. "I've never used that before. That's so in every paper tomorrow. I've got to start censoring."

A month after capturing Canada's first Olympic ice dance gold in Vancouver, Virtue, from London, Ont., and Moir, from Ilderton, Ont., picked up where they left off, posting a score of 44.13 points for their Golden Waltz, the compulsory dance drawn for the world championships.

Americans Meryl Davis and Charlie White, silver medallists in Vancouver and friends and training partners of Virtue and Moir, scored 43.25 to leave them second. Federica Faiella and Massimo Scali of Italy go into tomorrow's original dance in third with 40.85.

THE CANADIAN PRESS

Last dance?

- The ice dancers were performing what might have been the last compulsory dance in international competition. The International Skating Union wants to reduce ice dance to two segments to conform with men's, women's and pairs.
- The compulsory program is to ice dance what figures used to be to singles skating, a long afternoon of skaters performing the same steps to music of a specified tempo.

SCOREBOARD

NBA

YESTERDAY'S RESULTS

Charlotte at Washington
Indiana at Detroit
Denver at New York
L.A. Clippers at Dallas

TODAY'S GAMES

Orlando at Atlanta, 7 p.m.
Denver at Boston, 7 p.m.
Minnesota at Charlotte, 7 p.m.
Washington at Indiana, 7 p.m.
Utah at Toronto, 7 p.m.
Sacramento at New Jersey, 7:30 p.m.
Philadelphia at Milwaukee, 8 p.m.
Cleveland at New Orleans, 8 p.m.
Houston at Oklahoma City, 8 p.m.
L.A. Lakers at San Antonio, 9:30 p.m.
Memphis at Golden State, 10:30 p.m.

NHL

YESTERDAY'S RESULTS

Florida at Toronto
Columbus at New Jersey
Boston at Atlanta
Philadelphia at Ottawa
Carolina at Tampa Bay
Dallas at Nashville
San Jose at Minnesota
Phoenix at Chicago
Anaheim at Calgary
Vancouver at Edmonton

TODAY'S GAMES

N.Y. Islanders at N.Y. Rangers, 7 p.m.
Pittsburgh at Washington, 7 p.m.
Montreal at Buffalo, 7:30 p.m.
St. Louis at Detroit, 7:30 p.m.
Los Angeles at Colorado, 9 p.m.
Anaheim at Vancouver, 10 p.m.

EASTERN CONFERENCE OVERALL STANDINGS

	GP	W	L	OL	GF	GA	Pts
y-Washington	72	48	14	10	283	203	106
d-Pittsburgh	73	42	25	6	225	208	90
d-Buffalo	71	39	22	10	200	180	88
New Jersey	71	42	25	4	189	169	88
Ottawa	73	38	30	5	196	212	81
Philadelphia	72	37	30	5	212	199	79
Montreal	73	36	30	7	196	200	79
Boston	71	32	27	12	176	181	76
Atlanta	72	32	29	11	218	230	75
N.Y. Rangers	72	31	32	9	186	196	71
Florida	71	29	31	11	186	209	69
Carolina	72	30	34	8	201	226	68
N.Y. Islanders	72	29	33	10	189	222	68
Tampa Bay	72	28	32	12	188	225	68
TORONTO	**72**	**26**	**34**	**12**	**192**	**238**	**64**

y - clinched division title,
d - division leaders ranked 1-2-3 regardless of points

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Sports in brief

SOCCER Wolverhampton Wanderers won 3-1 at West Ham yesterday to leave its English Premier League rival deep in relegation trouble. Wolves' biggest win of the season took their unbeaten streak to three matches and lifted them one place to 15th — four points ahead of West Ham with seven games to play.

BASEBALL New York Mets shortstop Jose Reyes has been cleared to resume baseball activities after doctors determined his thyroid levels have returned to normal. Mets general manager Omar Minaya said Reyes will resume full workouts today.

LUGE The head of the Vancouver Olympics, an Olympic gold medallist and other dignitaries attended a ceremony yesterday at the grave of the Georgian luger killed during a practice run at last month's Winter Games. Vancouver organizing committee president John Furlong, luge gold medallist Felix Loch, International Luge Federation president Josef Fendt and other athletes and officials came to the hometown of Nodar Kumaritashvili, who died hours before the opening of the games Feb. 12.

NFL Kyle Orton remains the Denver Broncos' starting quarterback, and Brady Quinn is going to have to unseat him if he wants to be the one under centre when the season starts in six months, coach Josh McDaniels said yesterday.

HOCKEY Mark Messier has selected a former teammate to coach Canada's team at the upcoming IIHF World Hockey Championship.The Canadian general manager named Craig MacTavish the team's head coach yesterday. The two were teammates with the Edmonton Oilers in the 1980s and briefly with the New York Rangers in the 1990s.

METRO NEWS SERVICES

NFL owners back new rules for overtime playoff games

FOOTBALL Sudden death has gotten a little less sudden in the NFL playoffs.

The league yesterday changed its overtime rules for post-season games. Starting next season, if a team wins the coin toss and then kicks a field goal, the other team gets the ball. If that next series ends with another field goal, play will continue under the current sudden-death rules.

If the team winning the toss immediately scores a touchdown, however, the game is over.

Team owners voted 28-4 yesterday in favour of the proposal at the NFL meetings. Minnesota, Buffalo, Cincinnati and Baltimore opposed the change.

Passage was helped by commissioner Roger Goodell's support and by a spate of statistics indicating the coin toss had become too prominent in determining OT winners.

34 Statistics showed that since 1994, the team that won the overtime coin toss won the game on the first possession 34 per cent of the time.

Minnesota lost last season's NFC championship game in overtime to New Orleans. The Saints won the toss, drove downfield and kicked a field goal to win.

"Modified sudden death is an opportunity to make a pretty good rule ... even better," said Atlanta Falcons president Rich McKay, co-chairman of the competition committee. "Statistically, it needed to change. It wasn't producing the 'fairest result.'"

THE ASSOCIATED PRESS

Morrow aims to avoid past problems

JAYS In other years, Toronto Blue Jays right-hander Brandon Morrow would have tried to pitch through the soreness he felt in his shoulder before his scheduled start last Friday.

At 25, he's smarter and more experienced, so he decided not to pitch against the Houston Astros in Kissimmee, Fla. He understands it's easier to deal with a small problem now, instead of a bigger one later.

"It's better to take the week off now than two weeks in the middle of May or June or whatever," Morrow said yesterday at Dunedin Stadium, during an off-day in the team's Grapefruit League schedule.

"I've had it a few times over the last few years. It's mainly been a spring training thing. A lot of people get similar stuff, you hit that wall and you get over the hump and it doesn't bother you anymore."

The Blue Jays are certainly hoping that's the case with Morrow, who figures to be the team's No. 3 starter behind Shaun Marcum and Ricky Romero.

All signs are pointing in that direction, as a doctor has cleared him to resume playing catch today and tomorrow. He will throw a bullpen session Friday and should be ready to start next Monday.

Morrow came to the Blue Jays in an off-season trade that sent reliever Brandon League and minor-league outfielder Johermyn Chavez to the Seattle Mariners, and he's seen as a big part of the team's future core.

THE CANADIAN PRESS

MARC SEROTA/GETTY IMAGES

Brandon Morrow will likely be the Blue Jays' No. 3 starter.

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Tucker suspended for hit

Colorado Avalanche forward Darcy Tucker has been hit with a one-game suspension, the NHL announced yesterday. The suspension stems from Tucker making "excessive physical contact" on an icing play in Colorado's 4-3 overtime loss against the Kings Monday night in Los Angeles. THE ASSOCIATED PRESS

RENE JOHNSTON/TORSTAR NEWS SERVICE

Florida Panther David Booth is stopped by Toronto Maple Leafs goalie J.S. Giguere last night at the ACC. Florida won 4-1.

Booth lights up Buds

NHL RESULTS

Panthers 4 Leafs 1

VS

David Booth had the first two-goal game of an injury-marred campaign as the Florida Panthers cooled off the red-hot Toronto Maple Leafs with a 4-1 victory last night.

Panthers goalie Scott Clemmenson came within three minutes of registering his first shutout of the season, but still finished with 42 saves.

Michael Frolik and Jason Garrison also scored for Florida (30-31-11), which became the first visiting team to leave Air Canada Centre with a victory since March 2.

Fredrik Sjostrom replied for the Maple Leafs (26-35-12) and J.S. Giguere stopped 25 shots.

Booth is just now finding his stride after missing 45 games to the concussion he suffered on a controversial hit by Philadelphia Flyers captain Mike Richards — the collision that essentially started the head shots debate. The injury kept Booth from exercising for two months and cost him a chance at playing for the U.S. at the recent Olympics.

Toronto entered with wins in six of its last seven games and was hoping to move closer to getting out of the basement in the Eastern Conference. The Maple Leafs remain four points back of 14th place.

THE CANADIAN PRESS

Glimmer of hope for Leafs

TheHockeyNews

Adam Proteau

thehockeynews.com

Well, well, well — it appears there is some life in the Maple Leafs after all.

A string of gritty victories against playoff-bound teams — and five wins in the six games they played before taking on Florida last night — must have Toronto fans feeling less nauseous than they've been for most of this NHL season.

With the likes of Dion Phaneuf, Phil Kessel, Tyler Bozak and Carl Gunnarsson in tow, there will be more legitimate hope for next season than there's been since the 2004-05 lockout year; considering where the Leafs are in their rebuilding stage, that's as much as a long-labouring Leafs fan can ask for.

Unfortunately, Toronto's horrendous start to the 2009-10 campaign (0-7-1 in its first eight games) makes its late push all for naught. If there is a bright side to that fact, it's the lessons that can be taken from it.

Firstly, the Leafs' up-and-down season underscores how consistent every NHL team has to be throughout the season, just to be in a position where it can fight for a playoff berth.

More importantly, it means that no franchise can afford to open the regular season with a thud. In effect, teams can bury themselves in the standings right from the get-go because the league's points system makes it virtually impossible to gain significant ground in the standings.

Indeed, if you remove Toronto's first eight games from the equation, it would have had a 26-27-12 record after Saturday's win against Montreal. Granted, that's nothing to boast about. But earning at least one standings point in 38 of 65 games is a ratio that — especially in the weaker Eastern Conference — would have put the Leafs in the thick of things for the remainder of the schedule.

Small consolation, I know. However, with the Leafs' goaltending picture looking far more stable for next season, it is reasonable to expect they will come out of the gate with more verve and nerve. If they fail to, any and all subsequent efforts will be wasted.

The Hockey News thn.com

Sports in brief

PARALYMPICS Canada's official Games broadcaster says more than 13 million Canadians watched some part of the 2010 Winter Paralympics. The most-watched event of the Games was the closing ceremonies, with CTV-Rogers reporting that more than 5.4 million saw some part of the ceremony.

NHL The NHL's board of governors has approved a new rule on blindsided hits to the head, even though one hasn't been formally submitted by the league's competition committee. A league statement posted on NHL.com Tuesday night indicated that the owners unanimously approved a rule prohibiting hits on an unsuspecting player where the primary point of contact is the head.

THE CANADIAN PRESS

METRO HOCKEY POOL STANDINGS*

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NAME	LOCATION	GP	G	A	PTS
1. Brian B	AB, CA	1043	434	611	1045
2. Jonathon Gremsperger	BC, CA	1045	443	600	1043
3. Stephanie Warren	NS, CA	1015	420	609	1029
4. Shawn Tschritter	AB, CA	1034	419	600	1019
5. Christian Gagnon	NB, CA	982	402	615	1017
6. Dennis MacDougall	NS, CA	1009	407	604	1011
7. Cole Warren	NS, CA	1029	376	631	1007
7. Kyle Turk	NS, CA	1040	424	583	1007
9. Blaine Schlechter	AB, CA	1002	402	603	1005
10. Bernie Horton	ON, CA	968	415	585	1000
11. Myles Dennis	NS, CA	993	381	617	998
12. Calvin Lewis	NS, CA	1034	407	590	997
13. Steve Ferguson	ON, CA	1020	402	593	995
14. Grant Greenfield	AB, CA	1000	438	554	992
15. Sarah Jackson	ON, CA	984	371	619	990

* Results exclude Quebec

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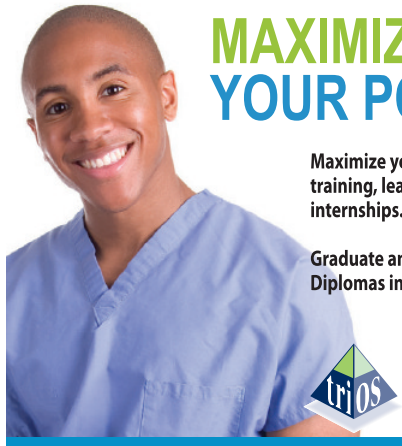

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Post connection

Canada Post will purchase 1,175 Ford Transit Connect vans this year, the largest fleet sale of the model in Canada to date, to replace its aging national fleet of light vehicles.

CANADIANDRIVER.COM

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Pamper car this spring

Vehicles need a little special care after winter

Between the cold weather, road salt and challenging driving conditions, winter takes a toll on your car. So when spring arrives, it's important to take some time to pamper your vehicle and get ready for warm-weather driving.

"De-winterizing your car and having a spring check-up can help extend the life of your vehicle," says Michelle Massicotte, associate vice president of car care and accessories at Canadian Tire.

"Have a technician check your car to identify any required maintenance and repair — it will save you money and frustration later on."

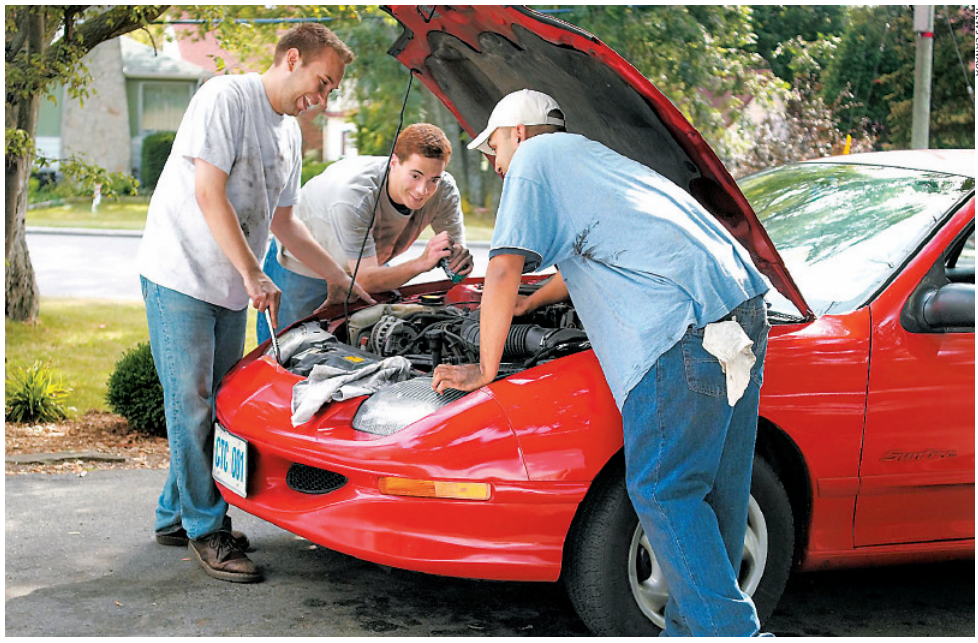
In addition to a spring tune-up, experts at Canadian Tire suggest these car care tips to prepare for spring driving:

CHANGE TIRES

Winter tires can wear out quickly if left on in warm weather, so replace your winter tires with all-season tires as soon as spring arrives. It's also important to have your tires balanced and aligned to ensure a smooth ride.

WASH CAR EXTERIOR

Make sure your spring cleaning includes a thorough car wash. Salt and sand that accumulate on your car could lead to corrosion and rust if left unwashed, so pay attention to the undercarriage of the car where salt and grime can cause the most damage.



NEWS CANADA

De-winterizing your car and having a spring check-up can help extend the life of your vehicle, experts say.

REPLACE WIPER BLADES

Wiper blades that leave streaks or a film on the windshield should be replaced to maintain good visibility, which is critical to safe driving. Experts at Canadian Tire suggest replacing wiper blades every six months and choosing the right wipers for your vehicle and driving conditions.

CHECK OIL AND FLUIDS

Fluids such as oil, coolant and transmission fluid should be checked and topped up regularly to keep your car running smoothly.

You can change the fluids yourself or take your car to an auto service centre and let the professionals do it.

Performing proper car maintenance will help prolong the life of your vehicle and keep it running safely and reliably. More hints and products to help shift your car into spring can be found online at canadiantire.ca.

NEWS CANADA

Toyota's latest sports concept, FT-86.

Toyota mines sporty past for future FT-86

CONCEPT Celica, MR2, Supra, Corolla AE86: Toyota's great driver-focused sports cars of the past have inspired its vision for a future-generation concept model.

In creating the FT-86 (Future Toyota-86) Sports Concept, Toyota has directly referenced the excitement and fundamental fun-to-drive quality that characterized the Corolla AE-86.

In its day the AE86 became a must-have model for rallying and circuit racing, with its front-engine, rear-wheel drive powertrain, compact dimensions, lightweight, impeccable balance and strong power to weight ratio. Even more than 20 years on from the end of production, it remains a popular choice with privateer rally teams.

The FT-86 Sports Concept previews a new-generation Toyota sports car, designed to recapture the spirit of the AE86, sharing its front-engine, rear-wheel drive credentials.

The FT-86 is designed to deliver simple, dynamic power with environmental responsibility. Rather than use a heavy displacement engine for performance, it is equipped with a free-revving 2.0-litre gasoline unit with a six-speed manual gearbox with compact dimensions.

Deployed in a front-engine, rear-wheel drive format, this powertrain delivers lively, accessible performance with engaging dynamic abilities and maximum driving pleasure.

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A clean car, free of clutter and musty odours is more comfortable to drive in, healthier, and looks good too, experts say.

Out with winter grime

A thorough spring clean key to comfortable driving

Now that winter is slowly making its exit and warm weather has almost arrived, consider giving your car a good spring cleaning, both inside and out.

The auto experts at Canadian Tire can help with the right tools and tips for getting your car in tip-top shape this spring.

"Canadians spend a lot of time in their cars, so it's important to keep them properly maintained and cleaned after the harsh winter months," says Michelle Massicotte, associate vice president of car care and accessories at Canadian Tire. "A clean car, free of clutter and musty odours is more comfortable to drive in, healthier, and looks good too."

INTERIOR CAR CLEANING

Clear out garbage from inside your car. Make sure to check under seats and in the trunk for anything that could be hiding.

Clean the dashboard, consoles, door panels and interior windows. Canadian Tire has special cleaning products to help protect the interior surfaces of your car and keep it looking new.

Remove floor mats and vacuum the carpets and seats.

Replace rubber mats with carpet mats.

EXTERIOR CAR CLEANING

Mix a car detergent with water and soap up the car using a sponge. Pay particular attention to areas where dirt has accumulated, such as wheel wells.

Rinse the soap off with a hose. Be sure to give the undercarriage a good rinse to get the salt off to prevent rust and corrosion.

When the car is dry, buff the exterior with wax for extra shine and protection.

Keeping your car clean is a simple maintenance step that makes a big difference to how your car looks and how you'll feel driving it. Make it fun by inviting friends or family to help you out.

Canadian Tire offers a wide range of carpet mats, cleaning products and accessories to help with your spring cleaning. More hints and products to help shift your car into spring can be found online at canadiantire.ca.

NEWS CANADA

Don't forget filters during spring time

Shining up your ride is rewarding. But if you're just buffing the outside sheet metal, wiping down the seats, and vacuuming the carpets, you're not fully completing your cleaning assignment.

What about the insides of your engine, transmission, and vent system? It's hard to get a broom inside those components; so automotive engineers have fitted them with five essential filters.

Let's quickly review where you find these vehicle filters, and how often you should change them.

ENGINE OIL FILTER

The least expensive filter and the one that has the most bearing on overall vehicle longevity. Like any filter, an oil filter can only suspend so much stuff. When clogged not only is its cleaning ability compromised, but also its ability to keep the oil flowing through the engine at the optimum rate.

Obviously replace the filter at each oil change. Check your owner's manual or on-board oil monitoring system for oil change intervals, but 10K and/or 6 months would be a prudent upper limit.

ENGINE AIR FILTER

An engine needs air (or more precisely oxygen) to combust petroleum.

Like the clogged oil filter, a clogged air filter hinders both cleanliness and flow. And if airflow is compromised, some fuel can go unburned — a dirty, power-robbing, and wasteful outcome.

Generally, air filters can go about 12 to 18 months, or 20-30,000 kms. But have it checked at each oil change.

Or do it yourself, by shining a headlight, flashlight, or trouble light through one side of the filter. If light has trouble getting through, your filter is toast.

FUEL FILTER

Fitted between the gas tank and engine, the fuel filter keeps rust, water, dirt, etc., from your entering your combustion chamber.

Once again, when these things get clogged, both cleaning ability and flow are compromised.

If they get really clogged you can look forward to stalling and hard starting.

Fuel filters are harder to locate; have a mechanic or gear-head friend break the trail for you.

Your owner's manual will stipulate when you should change them, but history has shown us that they usually last about two years or 45K.

TRANSMISSION FILTER

If there is a filter change to leave to the professionals, it's the automatic transmission filter, as it is accessible only when the pan is removed.

Some newer transmissions, especially CVTs, don't have replaceable filters. But all need to have their fluids changed periodically, which is when you should also change the filter (if there is one). Two years or 50K is a ballpark interval for a transmission service — check your manual.

CABIN DUST AND POLLEN FILTER

A lot of people don't even know they have a cabin dust and pollen filter, but most new cars have them. Part of the heating and cooling system, they are usually fitted around the glove box, and can easily be checked and replaced by non-professionals.

They are designed to go about one year, but no harm in checking them every oil change.

Surprisingly, the engine oil filter is the least expensive but has the most bearing on the overall longevity of a car.

Michael Goetz has been writing about cars and editing automotive publications for over 20 years. He lives in Toronto with his family and a neglected 1967 Jaguar E-type.

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If you are hitting the road this spring, make sure you car is ready.

Are you ready for that road trip?

SPRING The arrival of spring brings exciting road trips and vacations to life, but before you set off on your journey, make sure your car is prepared to get you to your destination safely and stocked with the tools you need in case of an emergency.

The first thing you should do is have your car checked out by a certified technician. They can identify and fix any maintenance and repair needs so you can avoid expensive or inconvenient repairs on your vacation.

It's also a good idea to have a friend or family member walk around your car while you test and make sure all your lights and indicators are working properly. Replace any burnt out bulbs immediately to keep you visible and safe on the road.

Be prepared for the unexpected and ensure your emergency roadside kit is fully stocked and working properly. The roadside kit should include a flashlight and batteries, first aid kit, blanket, emergency triangle, booster cables and rope. You can purchase complete kits or individual pieces at your auto accessories store.

Also. consider investing in an Airman Tire Repair Kit.. This kit can save you time and money should you be sidelined by a flat tire. It combines a powerful air compressor with sealant to repair punctured tires within minutes, so you won't have to wait for roadside assistance or install your spare tire.

Taking the time to prepare your car before you hit the road lets you travel worry-free and focus on fun.

NEWS CANADA

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Toyota Sienna all about family

JIL MCINTOSH
for Metro Canada

Minivans are the survivors of the auto world. Pundits have predicted their demise for years, but they continue on, and for good reason: Nothing beats them when you have to move a crowd.

Toyota's version is the Sienna, which will be completely revised for 2011.

In the meantime, I took a long-distance trip in a 2010 front-wheel-drive CE: it's the base trim line, at $29,500. Sienna is the only minivan still available with all-wheel-drive, but it can get expensive, rising to $50,980 for the top-line model.

All Sienna models use a 3.5-litre V6 with five-speed automatic transmission. Its 266 horsepower is the highest of its competitors, while its official in-city fuel consumption is the lowest. All Siennas also include electronic stability control, front seat side and curtain airbags, dual-zone climate control, cruise control, heated mirrors, and tire pressure monitoring system.

The second-row seats can be folded in half, tumbled forward, or removed entirely — they're easy to unlatch, but heavy to lift out — while the third-row seats fold flat into the cargo well behind them.

Chrysler is still the only one with second-row seats that fold into the floor, but the thin foam needed to make them work also means they get uncomfortable very quickly.

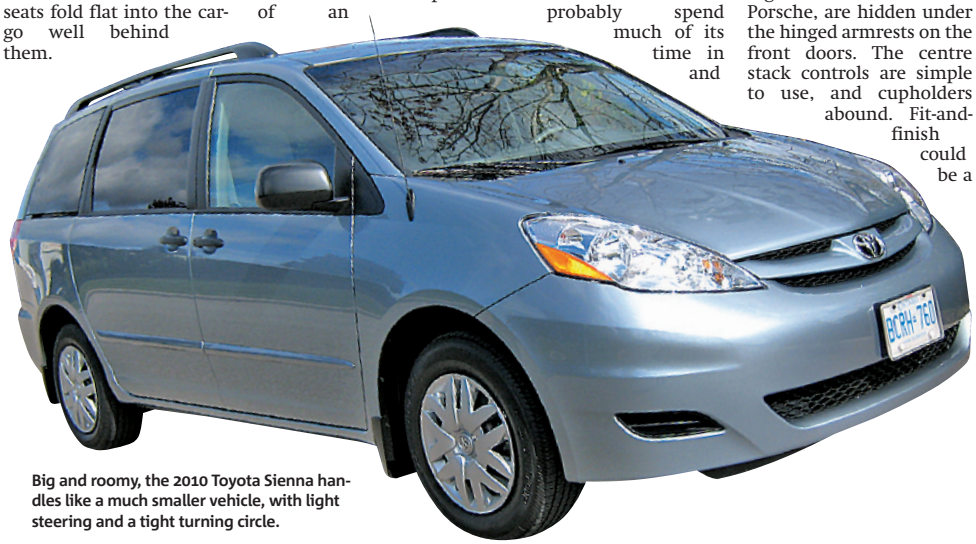
Sienna's seats, while initially fine, got very hard at about the two-hour point of an eight-hour road trip. Volkswagen Routan and Honda Odyssey still lead the pack for long-distance comfort.

Big and roomy, Sienna handles like a much smaller vehicle, with light steering and a tight turning circle, important considerations for a vehicle that will probably spend much of its time in and out of parking spots. It stops fine, but the brake pedal feels mushy. I also found the liftgate heavy and hard to close; power liftgates are only found on the upper-line models.

There is a treasure trove of storage cubbies, including two that, like on a Porsche, are hidden under the hinged armrests on the front doors. The centre stack controls are simple to use, and cupholders abound. Fit-and-finish could be a little better, though.

You can get into a Dodge Grand Caravan for much less, but Sienna stacks up favourably among most of its other rivals for price, especially when looking at comparable features — the even "base" Sienna still contains a long list of items.

Power, performance and fuel consumption all rate high, along with functionality that easily trumps any of Toyota's SUVs or crossovers. Minivans may not be sexy, but they do exactly what they're supposed to do.



Big and roomy, the 2010 Toyota Sienna handles like a much smaller vehicle, with light steering and a tight turning circle.

2010 Toyota Sienna

Type: Minivan
Price: from $29,500
Engine: 3.5L V6
HP: 266

Highlights

- Only minivan available with all-wheel drive
- Plenty of storage space
- Impressive power and performance

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The Cygnet Concept enhances the marque, pointing to a future of ongoing innovation, design and technology; allowing Aston Martin customers a greater degree of freedom without compromising the levels of design, quality and innovation that embody the brand.

The Cygnet Concept is the result of a unique and intelligent collaboration, the coming together of two companies that are leaders in their respective fields.

The Aston Martin Cygnet Concept car brings all of Aston's fabled engineering and luxury into an urban commuter car.

The project has required a close intellectual and engineering partnership, resulting in an inventive solution that unites volume and niche automotive engineering.

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Smart customers always read the fine print. † Features listed are standard on 2010 Lancer DE. Technical data, equipment and options are based on the latest information at time of printing and are subject to change without notice. Vehicles may not be exactly as shown. ‡/◊/¥ For all offers, customers must sign contract and take delivery from dealer by March 31, 2010. All offers available only through participating dealers to qualified retail customers in Canada and are only on approved credit. Selling price excludes up to $1350 in freight for cars and up to $1450 in freight for SUVs, $100 in air tax, up to $30 in environmental handling fees, taxes, PDI, up to $75 in PPSA, registration, insurance, licensing, administration fees, documentation fees, other dealer fees, and any additional provincial government fees. All advertised offers are stackable. See participating dealer for details. ‡ $1,000 discount ($750 from Mitsubishi Motors $250 from dealer) valid on the retail purchase/finance/lease of 2010 Lancer models only (excludes Lancer Evolution). $1,000 will be deducted from the negotiated purchase/finance/lease price after taxes and may be used towards down payment, monthly payments, or selling price. Selling price (including $1,000 discount) from $15,998 on base model 2010 Lancer DE (CL41-A C05). ◊ Purchase financing at 0% APR available through Bank of Nova Scotia and Bank of Montreal for up to 60 months on all new 2010 Lancer DE and SE models (Lancer Evolution models excluded), 2009 Lancer Sportback GTS models, and 2010 Endeavor models; and up to 72 months on all new 2009 Galant and 2009 Eclipse models. Purchase financing at 0.8% APR available through Bank of Nova Scotia and Bank of Montreal for up 60 months on all new 2010 Outlander models. Financing example: 2010 Lancer DE (CL41-A C05)/2010 Outlander ES 2WD (CO45-A C04) with an MSRP of $15,998 (includes $1,000 discount)/$25,498 financed at 0%/0.8% over 60 months equals $267/$368 a month with a down payment of $0/$3,861, a cost of borrowing of $0/$443, and a total obligation of $15,998/$22,080. Vehicles may not be exactly as shown. ¥ No payments for 90 days. Offer applies to purchase financing offers on new 2010 Mitsubishi models through the Bank of Nova Scotia and Bank of Montreal. Interest charges (if any) will not accrue during the first 60 days after purchaser signs contract for a participating vehicle. After the first 60 days interest (if any) starts to accrue and the purchaser will repay principal and interest (if any) monthly over the term of the contract. * Whichever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify. ** Best backed claim does not cover Lancer Evolution and Ralliart models. See dealer or Mitsubishi-motors.ca for Education Edge terms, conditions, and other details. ® MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license.

Acura TL a class act

A 2005 Acura TL. The 2004-08 generation combines luxury and performance but make sure to check for transmission issues.

JUSTIN PRITCHARD
for Metro Canada

MODEL: 2004 to 2008 Acura TL
VEHICLE TYPE: Luxury Sport Sedan
APPROXIMATE USED SPACE RANGE: $13,000 to $30,000

HISTORY/DESCRIPTION: In many regards, the Acura TL existed to give shoppers a lower-priced alternative to luxury sedans like the BMW 5-Series and Mercedes E-Class.

The TL came exclusively in a four-door, five-passenger configuration built form the same platform that houses the Honda Accord. Under the hood was a 3.2 litre V6 engine with 258 or 270 horsepower — depending on the year in question. Earlier models were rated the most powerfully, though the drop in output is due to changes in the horsepower rating system and not the engine itself.

Transmission choices included a five-speed automatic with sport-shift or a six-speed manual, and all TL models were front-drive. In the used market, shoppers can also look for a visually-tweaked A-Spec model and a 286-horsepower, factory-tuned TL Type S model later in the machine's life. The Type S represented the pinnacle of TL performance for its time, though it will be more expensive to insure and fuel.

Second Gear

Options and hardware included a Bluetooth phone, voice-command, navigation, satellite radio and a premium stereo system. A sunroof, heated leather, automatic climate control and an intelligent key system were all available or standard too.

Ultimately, the TL did a commendable job of blending luxury, technology and performance.

WHAT OWNERS LIKE: Performance, acceleration, drivetrain refinement, looks, comfort and handling are the most highly-rated attributes of the last-generation TL, according to existing owners.

WHAT OWNERS HATE: Overall interior space, ease of entry, blind-spots and some squeaks and rattles sum up the most common owner gripes. If you're an audiophile, you'll likely wish for some more connectivity options for your MP3-player.

COMMON ISSUES: On a test-drive, ensure proper operation of the power memory seats and all other interior electronics.

Squealing or grinding from the brakes mean the vehicle will need new pads and rotors soon. This can be a pricey job, so ensure the brake system is in relatively good shape. Ensure the tires aren't worn, and have a look beneath the vehicle for leaks or rust, too.

Scrutinize the operation of the automatic transmission if so equipped. Earlier Honda Accord models in this generation were known for transmission trouble, and a moderate number of earlier last-generation TL owners report similar problems. If there's any jerking or slipping during gearchanges, select another model or stick to the manual transmission.

Also note that a mechanical inspection and full fluid change is advised if you're unsure of the vehicle's service history.

THE VERDICT: Find a good deal on a "newer" used TL or one with the six-speed manual gearbox, and buy confidently if things check out.

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The all-new Sonata uses Hyundai's Smart Alternator Control.

Hyundai's Smart way to save fuel

JIL MCINTOSH
for Metro Canada

In the battle for fuel economy, every little bit helps. By either diverting or capturing energy during optimal times, Hyundai saves some gasoline with its Smart Alternator Control.

Alternators, which run off the engine, produce the power needed to operate the car's electrical systems and charge the battery.

This new approach uses a battery sensor, the engine's control unit and a variable output alternator to match the system to the driving conditions. The alternator's output voltage is lowered during acceleration, allowing engine energy to be used more efficiently to move the car, and raised during deceleration to charge the battery with the help of the vehicle's motion.

"It's a concept that was learned from hybrid vehicles," says Tim White, senior manager of the powertrain department at the Hyundai-Kia American Technical Center in Michigan.

"When you're accelerating, you want all the power you're using to accelerate the vehicle. You don't want to waste any energy charging the battery at that point.

"We use the energy that would otherwise be wasted to increase the charging rate of the battery."
Hyundai's Tim White

"When you're slowing down, you have all this kinetic energy from the inertia of the vehicle rolling, and you can use it to charge the battery. In a hybrid, it's called regenerative braking. We're using the concept, but in a much smaller scale. We use the energy that would otherwise be wasted to increase the charging rate of the battery."

Like many automakers, Hyundai uses a system that temporarily shuts off the fuel supply during deceleration when conditions are right. As the vehicle's wheels turn, the engine's crankshaft continues to spin, which keeps the alternator turning and charging the battery even though no gasoline is being consumed. White estimates that the combined systems save a minimum of about one to two percent in fuel economy.

The Smart Alternator Control doesn't affect battery life, White says. "If anything, it's neutral to sometimes favourable. In the past, the system wasn't smart; it just tried to maintain the voltage. Now, it can "see" in detail what the state of charge of the battery is. If the battery was really discharged, the sensor would communicate that to the engine computer, and it would charge the battery even during acceleration. It would say something's not right, so we can't use this fuel economy logic at this point in time.

"It's also a relatively low-cost fuel economy item." The changes are pretty minor in the alternator."

Used on the all-new Sonata and Tucson, the system will eventually be rolled out across all of the company's vehicles as new models are introduced.

Driving Force

Antifreeze useful in warmer weather

CHEMICALS FOR YOUR CAR A product name like "antifreeze" can sometimes mislead consumers as to exactly when it needs to be used.

Since antifreeze/coolant can protect radiator fluid from freezing in temperatures as low as -64 degrees C, it may not seem like something that's necessarily useful in spring and summer time.

However, antifreeze/coolant is just as, if not more important, during the hot weather as it is during the winter.

This is because antifreeze/coolant also prevents your engine from overheating.

It contains the ingredient ethylene glycol, which is designed to increase the boiling point of radiator fluid as well as to lower the freezing point.

NEWS CANADA

BEST EVER TOYOTA RED TAG DAYS

TOYOTA

0% purchase financing for 48 months.

2010 Matrix

MADE IN CANADA

XR model shown

0% APR¥ Purchase financing for 48 months. **Semi-monthly payment available.**

all-in lease $149‖ @ 1.9% APR per month for 48 months with $4,025 down with $500 Customer Incentive◇ applied. Includes freight and fees.

$500 CUSTOMER INCENTIVE✧

HWY 6.2L/100 KM (46 MPG)† CITY 7.8L/100 KM (36 MPG)†

2010 Yaris

0% APR¥ Purchase financing for 48 months. **Semi-monthly payment available.**

all-in lease $139‖ @ 3.9% APR per month for 60 months with $2,800 down with $750 Customer Incentive◇ applied. Includes freight and fees.

$750 CUSTOMER INCENTIVE✧

HWY 5.5L/100 KM (51 MPG)† CITY 6.9L/100 KM (41 MPG)†

2010 Corolla CE

0% APR¥ Purchase financing for 48 months. **Semi-monthly payment available.**

all-in lease $149‖ @ 1.9% APR per month for 48 months with $3,450 down with $500 Customer Incentive◇ applied. Includes freight and fees.

$500 CUSTOMER INCENTIVE✧

HWY 5.6L/100 KM (50 MPG)† CITY 7.5L/100 KM (38 MPG)†

MADE IN CANADA

2010 RAV4

0% APR¥ Purchase financing for 48 months. **Semi-monthly payment available.**

all-in lease $249* @ 3.9% APR per month for 48 months with $5,450 down. Includes freight and fees.

HWY 6.9L/100 KM (41 MPG)† CITY 9.4L/100 KM (30 MPG)†

MADE IN CANADA

V6 limited model shown

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Limited time lease and finance offers available from Toyota Financial Services on approved credit. ¥0%/0%/0%: finance APR per month for 48/48/48/48 months on a new 2010 Matrix (Model KUHEEMA), 2010 Yaris (Model B1PK3MA), 2010 Corolla (Model BU4ZEMA), and 2010 RAV4 (Model ZF4DPEA). Example $25,000 at 0% for 48 months, monthly payment is $520. Cost of borrowing is $0 for a total obligation of $25,000. ‖0.9%/0.9%/1.9% lease APR for 48/60/48 months on a new 2010 Matrix (Model KUHEEMA), 2010 Yaris (Model B1PK3MA) and 2010 Corolla (Model BU4ZEMA) priced at $18,014/$16,055/$16,809 when you add the $500/$750/$500 Customer Incentive monthly payment is $149/$139/$149 with a $4,025/$2,800/$3,450 down payment or trade equivalent, and first monthly payment due at lease inception. Total lease obligation is $11,190/$11,147/$10,609. All-in lease includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable). GST/PST, licensing, registration, insurance and TFFC are extra. Dealer may sell for less. Based on a maximum of 96,000/120,000/96,000 KMS. Additional KM charge of $.07/$.07/$.07 for excess kilometres if applicable. *3.9% lease APR for 48 months on a new 2010 RAV4 (Model ZF4DVPA) priced at $26,220. Monthly payment is $249 with a $5,450 down payment or trade equivalent, and first monthly payment due at lease inception. Total lease obligation is $17,405. All-in Lease includes freight and fees (PDE, EHF, OMVIC fee and air condition tax, where applicable), GST/PST licensing, registration, insurance and TFFC are extra. Dealer may sell for less. Based on a maximum of 96,000 KMS. Additional KM charge of $.10 for excess kilometres if applicable. ◇$500/$750/$500 Customer Incentive offer valid on retail delivery of new 2010 Matrix, 2010 Yaris, 2010 Corolla when financed, leased or purchased from an Ontario Toyota dealership. Customer Incentive offers take place at time of delivery and will apply after taxes have been charged. Vehicle must be registered and delivered between March 2 and March 31, 2010. ✦Toyota Loyalty Program (TLP) offer is available to current registered owners/lessees of a Toyota branded vehicle (registered and insured in Canada for at least 6 months prior to TLP purchase) or immediate family members with whom they are domiciled, when they purchase/finance/lease and take retail delivery of a new unregistered 09/10 (excluding 2010 4Runner) Toyota branded vehicle between March 2 - March 31, 2010. Proof of current address and registration/insurance/lease required. TCI/TMMC/TCCI employees/contractors and daily rentals are not eligible for TLP offer. Limit of one TLP offer per registered owner per registered vehicle. No more than one TLP offer may be used towards the purchase/lease of a single new vehicle. See your Toyota Dealer to determine if tax applies before or after the application of the offer. †These estimates are based on the Government of Canada's approved criteria and testing methods. The actual fuel consumption of these vehicles may vary. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. All rights are reserved. Dealer may sell/lease for less. Offers are valid between March 2 and March 31, 2010 and are subject to change without notice. Please see your participating Toyota Dealer for full details.

Brose rolls out the 'army tank'

MyDrive
Heather Buchan
metronews.ca/mydrive

Toronto-based fashion designer Marika Brose, known for her work with Prada and Chloe, has launched her own women's label. She drives a 1998 limited edition Jeep Cherokee.

Name: Marika Brose

Who she is: Toronto-based fashion designer, who launched her eponymous women's label, Brose, last spring after returning home from 10 years in Europe where she worked in Paris and Milan for such top designers as Chloe and Prada.

Her car: A 1998 silver limited edition Jeep Cherokee with a V8 engine.

Why the Cherokee: I've had that car for 12 years. It's almost like an army tank because of its engine. And it's super practical because I'm constantly lugging around fabric roles and patterns and samples to all my contractors and freelance people.

So it's super practical. And it's also so safe in our winter weather on the highways.

Any road trips? I go to Montreal frequently for business and I've taken it once to New York.

I also go to my cottage frequently in the summer, so it's been all over the place.

What kind of driver are you? Aggressive. I used to drive in Europe and over there, they're a little more aggressive. I think you have to be aggressive over there, especially if you drive in the cities because their roads are all twisty and turny and you have to be on the ball. I get very impatient here.

I don't have road rage, but I definitely don't like to sit in the car. Because I do spend a lot of time travelling in my car, I like to make it as fast as possible.

When in Europe ... I drove a minivan. Not cool. I know (laughs). But we had a Vespa too, so I guess that balanced the minivan. Over there, we were also running a little antique silver business on the side, so we needed to transport a lot of stuff.

If money was no object, what car would you be driving?
You know, I'm not really a car person, but I guess it would be an AMG. I've always wanted one. Or a vintage Mercedes. I like Mercedes.

Heather Buchan is a Toronto-based journalist who has worked at Homemakers, Canadian Living, Canadian House & Home and, most recently, Hello! Canada, where she cut her teeth in the world of celebrities.

Old Habits Die Hard

Consumers Remain Complacent About Rising Car Insurance Rates

What Does Your Renewal Notice Say?

If you're like many consumers, your renewal notice is coming up again, a day you always dread. How much will your rate increase this year? With rates increasing by an average of almost 10% over the last 12 months across Ontario insurers, chances are your rate is going up again, even if your driving record has not changed. You might figure there is no point shopping around for a better rate since everyone's rates seem to be increasing. Better to at least save your time by signing back the renewal, just like you do every year, right? Wrong. You can save time and money on your car insurance...if you know where to look.

How Do I Break The Cycle?

First, you need to realize that you have control over your car insurance costs – you just need to exercise it. And the simplest way to do that is to shop around. Why? Because despite what you've heard about rising car insurance rates, the size of the increase can vary significantly from one company to the next and from one driver to another. The truth is that rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. Take a look at the table below.

Have you tried shopping for a better rate in the past and found yourself spending hours on the phone, calling around to various insurance companies to get quotes, only to find you still can't get a better deal? Do not despair, InsuranceHotline.com can help by instantly providing quotes from over 30 insurance companies to find you the lowest rate available. Best of all, the service is absolutely FREE.

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Unlike most of its competitors, InsuranceHotline.com does not sell insurance, is not a licensed broker or agent, and is not owned in whole or in part by an insurance company. This allows InsuranceHotline.com to be completely unbiased when providing insurance quotes and keeps its focus solely on finding the lowest insurance rates for consumers.

By contrast, most websites offering to "compare insurance quotes" are owned by or affiliated with insurance brokers or agents and are therefore only capable of quoting rates from the limited number of insurance companies they represent, typically no more than 4 or 5.

Start Saving Your Money Now

There is no better time to break the habit. Before you sign back your renewal, take 10 minutes and let InsuranceHotline.com help you shop around for a lower rate. With quotes from over 30 top insurance companies, InsuranceHotline.com is the simplest and easiest way to make sure you aren't overpaying for your car insurance. So don't wait another minute. Go online to InsuranceHotline.com and start saving your money now.

Rate Comparison

Driving Record	Lowest Price	Highest Price	Price Difference
Clean Record	$958	$2,213	$1,255
1 Ticket	$1,018	$2,552	$1,534
1 Accident	$1,849	$3,753	$1,904

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GT model shown

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0% purchase financing† up to 60 months | well equipped from $17,390* | Offer Includes: Freight.....$840 P.D.E.....$555

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GT model shown

Canada's Best-Selling Passenger Car of 2010‡

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GT model shown Three-row seating for six

2010 MAZDA *5*

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GT-V6 model shown

2010 MAZDA *6*

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GT-V6 model shown

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FNUC dismisses president, VP of finance

The First Nations University of Canada's new board of governors has dismissed the university's president and vice-president of finance and administration, who were among six senior administrators suspended last month when an interim board was put in place. METRO NEWS SERVICES

Workology

Debt-ridden uMontreal sells convent

In light of its precarious fiscal situation, the Université de Montréal will sell the former convent Mount Jesus and Mary so it can be converted into condominiums. With an annual deficit of $15 million and a debt of $154 million, uMontréal says it would irresponsible to keep a facility where 85 per cent of the area is unoccupied and costs more than $1 million every year to maintain, insure, and secure.

METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Workology in **brief**

$6-MILLION TRADES BUILDING FOR NSCC MARCONI CAMPUS
The Nova Scotia government announced this week the construction of a new $6-million skilled trades building for the Nova Scotia Community College's Marconi campus in Sydney. The two-storey facility, which will house five programs, including a new combined metal fabrication/welding program, will feature shop space, classrooms, offices, and a green design meeting LEED standards.

MACEWAN TO DEFER POOL SHUTDOWN FOR A YEAR Grant MacEwan University officials have deferred the decision to close its swimming pool for one year. The school will conduct a review on the matter, with an internal task team comprised of members of the faculty, student, and staff associations. MacEwan will use reserve funds to operate the pool until June 30, 2011.

TASK FORCE ON CAMPUS RACISM RELEASES REPORT This week, the Canadian Federation of Students-Ontario's task force on campus racism released its final report, based on 17 public campus hearings and individual submissions in 2009. The report outlines dozens of recommendations to address systemic racism within Ontario's colleges and universities, focusing on numerous aspects of campus life. METRO NEWS SERVICES

Designing your future

Engineering promises to be exciting now and down the road

Engineering **the Future**

Metro Workology is focusing on careers and education in the engineering sector for the month of March to celebrate National Engineering Month. Check back every Wednesday.

JON TATTRIE
for Metro Canada

In one way or another, engineers are the key to our future here on earth, be it biomedical, agriculture or software engineering.

The theme of National Engineering Month 2010 is "design the future," and experts say the future is getting very big and very small.

John McLaughlin is a professor of geomatics engineering at the University of New Brunswick. In 2005, he chaired a Canadian Academy of Engineering task force exploring engineering's future.

He sees engineers tackling massive-scale issues like smart continental power grids that would improve energy efficiency and prevent large-scale black outs. He also sees engineers going deeper into nanotechnology as they become the "doctors of the 21st century" in biomedicine and by designing better drugs and medical equipment.

"In the depths of engineering, the way you organize and address problems at massively different scales is interesting," he says. "The really interesting stuff is going on at the intersections with other fields."

That synthesis will see engineers work in business, urban planning, textiles and medicine. McLaughlin recently met a young aviation engineer who uses her masters of fine arts to help re-imagine what a corporate jet could look like.

The last epoch of engineering saw increasing specialization in fields like electrical engineering and mechanical engineering. "It was organized to build a modern, industrial state after (the Second World War)," he says. "It's time to bring engineering back together into some kind of holistic vision."

"I know if I was 18 again and going to university, I'd (have done) biomedical engineering. It is really interesting."
Engineers Canada COO Marie Carter on the future of engineering

It's also going to get a lot more human-focused. McLaughlin's mother-in-law is considering a move into a nursing home, but she, like many seniors, wants to stay home as long as she can. Currently, that requires expensive care workers, but in the future, engineers could design technology to safely extend the time seniors can spend at home.

Marie Carter, Engineers Canada's chief operating officer, sees professional engineers becoming engineers of the body.

"We've seen the ability of mechanical engineers to work with electrical engineers and structural engineers and doctors to build advanced prosthetics, hearts and to grow tissue," she says. "I know if I was 18 again and going to university, I'd (have done) biomedical. It is really interesting."

There are also rapid advances in agricultural engineering, which has helped build machines and foods that help developing nations feed their people. Carter sites GPS technology in tractors that allow farmers to harvest grain with extraordinary precision. Food storage is also improving, thanks to engineers.

Software engineering is another dynamic area. "It's interesting how engineering has evolved from the designers of the things we see and touch and use to the designers of the entire system," Carter says.

For more of the Engineering the Future exclusive series check Workology every Wednesday or stop by: **metronews.ca/work**

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Niagara College technology program receives national accreditation
The Canadian Technology Accreditation Board has awarded national accreditation status to Niagara College's Construction Engineering Technology program, making it the first program of its type to be accredited in Ontario, and second in Canada. METRO NEWS SERVICES

The most important impression

The first way you depict yourself to your future boss will continually affect you: Expert

KEITH CARMAN
for Metro Canada

"You never get a second chance to make a first impression."

Allegedly lifted from author Oscar Wilde, that statement has sold more goods and services than intended when initially hypothesized. Still, it continually rings true, most notably when selling the most important good: Ourselves when securing, maintaining or improving employment.

Unfortunately though, as Adrian Caravello, academic co-ordinator for George Brown College's Food and Beverage/Hospitality and Tourism course notes, few of us realize that even with great interview skills, "first impressions" continue to be vital well after acquiring a position.

After striving to promote ourselves positively to potential employers, people tend to fall back on questionable, even lazy interaction tendencies once the job is theirs: Poor eye contact, weak handshakes, unclear speech, a lack of a genuine smile and improper grooming.

However, while we rarely consider it, moving up the corporate ladder — let alone maintaining our vocation — relies on essential skills such as strong eye contact, confidence and proper body language. These communicative aptitudes are equally key later in our career, not just during that initial screening process.

"When I hire someone, I envision that individual greeting my most 'sophisticated' and quirky guests," Caravello advises as an employer experienced in screening potential staff. "I play out a scenario to evaluate if they could make a positive impression on them. Moving up the corporate ladder usually means you have to make positive impressions with your colleagues, bosses and clientele, therefore the ability to make positive first impressions must be sustained."

"Psychologically, bosses will prefer and be more open to future interaction with those who made positive first impressions."
Adrian Caravello

Caravello also reveals that maintenance or alteration of a first impression can be harder than we imagine. Within three seconds of an introduction, many employers have assumed a staff member's future potential with their organization, an opinion supported or refuted by our future actions. As part of the human condition, conclusive assumptions based on first impressions set the pace for our ability to succeed.

"An employer evaluates to see if you fit into their vision … Psychologically, bosses will prefer and be more open to future interaction with those who made positive first impressions.

"If a negative first impression is portrayed, (the) employer will automatically be more critical and usually evaluate less objectively with future interactions. The individual who portrayed a negative first impression has to work harder to turn the situation around and often that individual won't succeed, no matter what."

However, before conceding defeat in the pursuit of commercial advancement, Caravello assures that, as proven with George Brown's own Hospitality students, retraining our ability to offer a better first impression, remedy an existing negative opinion and maintain appearances is entirely possible.

"The only way to do that is to believe in a professional manner of presenting yourself," he encourages. "It must be genuine and true because you can't fake it every time and have people believe in you. You will only be successful if you portray a positive impression at work all the time."

This is where it all starts with your job, the first impression.

It seems shyness might be genetic, but there are way to get over it.

Uh-oh, shyness just might be genetic

DREW HINSHAW
Metro World News

The grim news, as handed down from the human genome project: Shyness may very well be genetic, an inescapable condition passed out at birth to thwart, among other pursuits, your career.

For the hopelessly shy, the contemporary workplace can be a dreadful and alienating environment — full of perceived slights and projected criticism.

"You live in a private world when you're shy, a world that is full of projections about what everybody else thinks," says Steve Flowers, author of The Mindful Path Through Shyness. "It isolates you from other people and leads you to be self-critical and harbour self-doubts. You begin to suspect that you're not as good as others."

"You live in a private world when you're shy ... it isolates you from other people and leads you to be self-critical and harbour self-doubts. You begin to suspect that you're not as good as others."
Steve Flowers, author of The Mindful Path Through Shyness

Properly played, however, a touch of timidity can be a workplace asset. Super self-conscious workers are often more attentive to others' needs and more understanding of their faults.

"Social anxiety makes you feel a little sense of compassion for what others might be going through," Flowers says.

Moreover, he adds, it's a condition that can be addressed through nonpharmaceutical means far cheaper than the selective serotonin re-uptake inhibitors peddled on antidepressant ads.

The psychotherapist recommends that workers with social anxiety take time out before important meetings or high-pressure situations to simply be.

"Spend the first 10 or 15 minutes before your big business meeting doing your best just to be in the moment," Flowers says. "Listen to the sounds of the office. Shift away from this whole notion of trying to impress people, which is a mental state, to a physical world of sensation."

Ultimately, he says, "if you can find a way to work that worst of all critics, the one inside of you, you'll find you're a lot more capable of working with those critics that are outside of you."

Today's youth no worse than their parents

New research from the University of Western Ontario and Michigan State University finds no evidence of meaningful change in egotism, individualism, life satisfaction, antisocial behaviour, and the importance of social status, among other areas, over the last 30 years. METRO NEWS SERVICES

Workology in **brief**

UVIC BUSINESS SCHOOL RECEIVES $10-MILLION GIFT

Celebrating the 20th anniversary of its business faculty, the University of Victoria announced Friday a $10-million donation from Peter B. Gustavson, president and CEO of Gustavson Capital Corporation, to the faculty, making it the largest philanthropic gift ever to the business school. The donation will establish an endowment to support scholarships, professorships, research, and innovation at the faculty.

METRO NEWS SERVICES

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Ministry of Labour, is it the right call to make?

WorkplaceLaw

Daniel Lublin

Metronews.ca/workplacelaw

An individual's experience, related below, provides an example of why you should be careful when you call the Ministry of Labour.

Following her termination, an individual contacted the provincial Ministry of Labour, seeking advice about her situation. She had not yet contacted a lawyer and the ministry representative who was randomly assigned to pick up the phone did not immediately encourage her to do so.

The two spoke at length about her matter. The individual explained that she had not been paid termination or severance pay, at which point she was encouraged to make a statutory complaint. This was the first error.

The Ministry enforces the provincial legislation only, it does not provide a remedy for common law damages such as wrongful dismissal, which in this case actually made up the bulk of this person's claim.

Without training in employment law, neither the ministry representative nor the individual realized their mistake. As a long-term employee, this person was entitled to considerably more than what the Employment Standards Act could offer. As well, since the legislation caps damages at $10,000, which courts do not, the individual had an upper limit to her claim.

Although the Ministry could easily address and then remedy her complaint, this was not the problem. It was that once it has taken steps to do so, an individual loses the right to file a wrongful dismissal claim. Here, since this person's damages were in excess of the statutory minimum, the bulk of her damages then would be relinquished — an issue that most employment lawyers would spot as a matter of course.

The Ministry has safeguards, but they are not always effective. After most complaints are made, the Ministry mails the claimant a standard form letter explaining that if the complaint is not withdrawn within two weeks, the claimant will not be able to file a wrongful dismissal claim. However, since most people will believe, even if incorrectly, that they received "advice" from the Ministry, they are unlikely to withdraw their complaint or later pay for a lawyer's time to obtain a second opinion. The result is that they are then stuck with their original claim.

This example is not an exception. The Ministry's hotline, which fields calls from prospective complaints, should explain only what the Act says and how it may have been interpreted in the past. There is no mandate to provide recommendations, or worse, to provide advice. Yet it happens anyway when some of the Ministry's representatives habitually blur this distinction. When they do, the public's interests may be subverted.

Daniel A. Lublin is an employment lawyer with Whitten & Lublin LLP. Reach him at dan@toronto-employmentlawyer.com.

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April Fool's no joking matter, say employers

Want to pull off an April Fool's joke that will go down in company history? Not so fast. Sixty-eight per cent of advertising and marketing executives interviewed by The Creative Group consider April Fool's pranks unsuitable for the office.

The Creative Group study is based on more than 500 telephone interviews. Advertising and marketing executives were asked, "How appropriate do you think it is to play April Fools' jokes in the office?" Their responses:

Very appropriate:
Three per cent;
Somewhat appropriate:
27 per cent;
Not very appropriate:
27 per cent;
Not at all appropriate:
41 per cent.

"Many teams are stretched thin, and there may be less acceptance of activities that are viewed as potential distractions," said Donna Farrugia, executive director of The Creative Group. "April Fool's jokes often have a target, too, which can make them hard to pull off without hurting someone's feelings."

A certain degree of levity, however, can have a positive impact on the workplace, noted Farrugia. "Humour that is inclusive and well-intentioned can be a morale booster, which is especially important when business conditions are difficult. Employees who can foster a more positive work environment are assets to any team."

Here are some tips for adding levity to the workplace without crossing the line:

- **Honour office "superstars":** Remember senior superlatives from high school: Most school spirit, friendliest, and best all around? Why not recognize the MVPs at your firm? You can give awards for "best penmanship," "tidiest workspace" or "most likely to tweet company news" — just be sure to keep it clean, not mean. If you want to go all out, hold an awards ceremony, complete with red carpet walks, printed certificates and short acceptance speeches.

- **Create some confusion:** Pick a lesser-known holiday to celebrate, like National Pigs-in-a-Blanket Day (April 24) or Do Something Nice Day (Oct. 5). Organize activities surrounding the event, such as a cook-off or designated time when employees can surprise their coworkers with a treat.

- **Have fun year-round:** Office "play" needn't be restricted to April Fool's Day. Periodically have employees come together to celebrate a topic of their choice, like "flashback to the '80s" or "favorite reality TV stars." Create costume or trivia contests to add to the enjoyment.

METRO NEWS SERVICES

More than the three R's at high school

At one time, they would have lost interest and dropped out of high school.

But now they're cooking — not to mention repairing airplanes, writing proposals for arts grants or learning to read construction blueprints — as part of the province's "specialist high skills major" program.

One Grade 12 Toronto student said the experience has turned him on to the idea of being a chef.

"I really didn't have much interest in high school," said George Sader, 17, of Don Bosco Catholic secondary. "I thought I'd just barely pass high school. Now I've been trying to get 70s and I'm going to more of all my classes."

The specialist program gives secondary students a hands-on look at a number of different career choices and is being credited as part of the reason why the graduation rate continues to increase, up to 79 per cent for the 2008-9 school year from 68 per cent in 2003-4.

"That's a really big deal," said Premier Dalton McGuinty, who visited Don Bosco on Monday to release the new graduation figures — as reported on in yesterday's Metro — mixing with students making dough for fresh pasta and honey oat buns in its hospitality and tourism program.

The specialist programs — in fields such as construction, aviation, energy and aerospace and offered at 430 schools province-wide — are bundles of eight to 10 courses offered in Grades 11 and 12 and about 28,000 students are enrolled province-wide.

Students also take co-op credits to gain work experience in the field, and also earn any certification — such as CPR — they might need. They job shadow professionals, visit post-secondary institutions and sometimes earn dual credits that give them advanced standing should they go on.

TORSTAR NEWS SERVICE

Choosing a major
...in high school?

- Ontario offers high school students a chance to learn about different career paths in a program called "specialist high skills major." Subject areas include:
- Aerospace/aviation
- Agriculture
- Arts and Culture
- Aviation/Aerospace
- Business
- Community Safety and Emergency Services
- Construction
- Energy
- Environment
- Forestry
- Health and Wellness
- Horticulture and Landscaping
- Hospitality and Tourism
- Information and Communications Technology
- Manufacturing
- Mining
- Transportation

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Early Childhood Educator (Bridging):
http://www.aeceo.ca | ext. 2310 | Ongoing

Research Commercialization and Innovation (Graduate Certificate):
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- **Intervenor program is unique in Canada**
- **Historically, ASL and Intervenor grads have quickly found work in their fields**
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Trent receives $1-million bequest for student bursaries

Trent University has received a $1.2-million estate gift from the late Fern Rahmel. At Trent's Oshawa campus, $1 million will be endowed to fund bursaries for female students over the age of 25 who have demonstrated financial need for earning a Trent degree. METRO NEWS SERVICES

Enriching your life through charity work

In a recent survey conducted by American Express Canada, results showed that a growing number of Canadians — more than a quarter — are seeking ways to enrich their lives through engaging in activities that make a difference in their lives.

If you want more than just work, volunteering might be the answer.

One way that many Canadians choose to enrich their lives is through charity work. In honour of National Volunteer Month, here are a couple of tips to help you realize your potential through volunteerism:

• You need to care:

Find a volunteer position for a cause or an organization that you truly care about. You're not getting paid to do this, so make sure it's something you're passionate about so that you enjoy your time spent volunteering, and, perhaps even more importantly, you stick with it.

For Toronto's Margaret Bedi, the death of her mother made her realize she wanted to devote time to the terminally ill by providing emotional support and comfort, so she began to volunteer at the Victoria Order of Nurses Hospice.

"I find it to be a very fulfilling and rewarding experience to be part of the lives of some amazing people who live with terminal illnesses," she said. "It makes me realize how precious life is and how little time we have to live, laugh, and love."

• Bring some passion:

Combine a skill or a passion with volunteering, and don't try to force-fit yourself into an activity you don't enjoy. Volunteering is something you do in your spare time, so make sure it is something you like to do. If swinging a hammer isn't your thing, then don't volunteer to help build a house.

Match your skills and abilities with an organization for the best results. Toronto's Chris Delombre, a passionate cyclist, discovered that he also had a passion for raising funds for charity when he combined riding with fundraising.

He has founded his own philanthropic group for cyclists — Le Domestique — to raise money and awareness for a variety of charities while doing something they love to do.

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Georgian	Latvian	Tajik
German & Low German	Laotian	Thai
Greek	Lithuanian	Turkomenian
Haitian Creole	Mongolian	
Hakka	Native Mayan dialects	

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Tour of nuclear reactor popular

Hanford, Wash., is a hot destination for tourists. Hundreds waited until midnight to sign up online for a limited number of tours of the nuclear reservation that include the B reactor, which produced plutonium for the bomb dropped on Nagasaki to end the war with Japan. hanford.gov. METRO NEWS SERVICES

Travel

Walk around Northern Ireland

Offbeat and charming, and filled with humour, insight, and a wide array of eccentric characters, Beyond Belfast tells the story of one man's misguided attempt at walking the entire Ulster Way: a 560-mile path that circles Northern Ireland, from the city walls of Derry to the moorland heights of the Sperrins, from the green glens of Antrim to the Mountains of Mourne. METRO NEWS SERVICES

EDITOR: BEN.RYCROFT@METRONEWS.CA

Spend springtime in Stockholm

JESSICA CARLESON
Metro World News

As soon as the leaves start growing, Stockholm comes alive.

WHY GO NOW?

For a very different weekend of great shopping, lovely walks along the water and fun nightlife, Stockholm is a great choice.

IT'S MY FIRST TIME

Old Town

Stockholm is a small big city. Most of the sites are within walking distance. The city is built on islands but very easy to get around by public transport. The Old Town is remarkably well kept but something of a tourist trap, unless you stray beyond the main streets but don't miss the Vasa Museum (vasamuseet.se) — displaying a superbly preserved warship that sank on its maiden voyage in 1628.

I'VE BEEN BEFORE

Boat Trip

Take a boat trip, either around the city islands or a day trip to the archipelago. Go see the bears, wolves, elks and other Swedish animals at open-air museum Skansen. And explore the lively streets of SoFo — south of Folkungagatan — on Södermalm.

Quick facts

- Population: 1,970,000
- Languages: Swedish, everyone speaks English.
- Currency: $1 = 7 Swedish Kroner (SEK)
- Price of a beer: 30-50 SEK

WHERE TO EAT

Don't leave before you've tried the salmon — cured, salted or smoked — it's a national dish and very tasty.

If you are on a tight budget have a big meal at lunch — there are lots of cafés, nice restaurants and food courts in the business and shopping quarters in the city and around Medborgarplatsen on Södermalm.

WHERE TO HANG OUT

SoFo established itself as Stockholm's boho-chic area a couple of years ago, and is still defending its title.

Design, art, new fashion and vintage stores in abundance. The indie atmosphere at Södermalm is a big contrast to posh Östermalm.

WHERE TO SHOP

Along Drottninggatan and Hamngatan you'll find high street chains, department stores and budget fashions. The designer shops are around the red carpet at Biblioteksgatan.

WHERE TO STAY

For a small and cozy hotel with historical charm in Södermalm try the Columbus. Berns Hotel and Rival are popular mid-price hotels. Top of the range is the Grand Hotel, check for weekend deals.

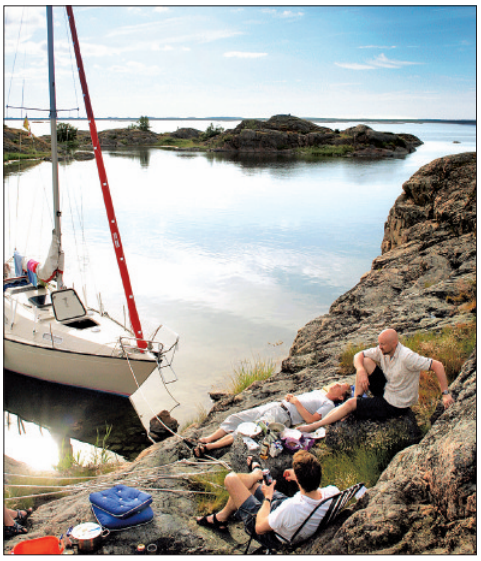
WHERE TO GO OUT

For clubs, live gigs and lots of indie fun, head to Södermalm. Some of the best restaurants and pubs are here — on Götgatan, Medborgarplatsen and in SoFo. The posh and glitzy crowd, celebrities and royals, mingle around Stureplan.

ALL PHOTOS METRO WORLD NEWS

Take some time to visit the remarkably well kept Old Town in Stockholm.

Explore Sweden's viking roots.



Boating around the city's islands is a great way to spend a day.

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Porter expands to Moncton

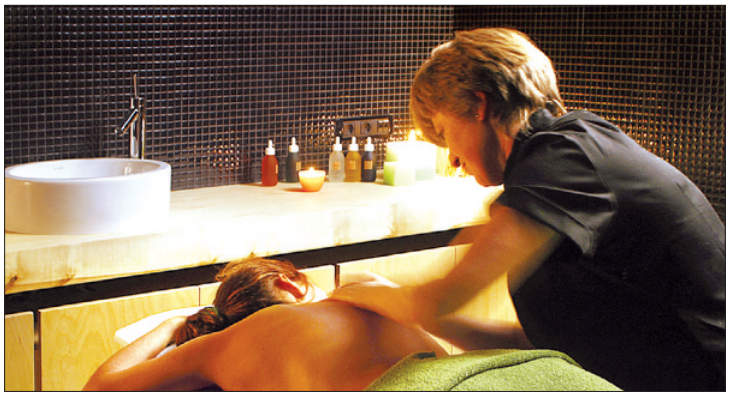
Porter Airlines is introducing service to Moncton, N.B., starting June 25. The destination will feature non-stop flights from Greater Moncton International Airport to Ottawa, as well as service to Porter's downtown base at Billy Bishop Toronto City Airport. Flights between Moncton and Toronto include a brief stop in Ottawa. METRO NEWS SERVICES

5 top spa vacation spots

Where to let go of your stress in posh surroundings

CÉLIA PEDROSO
Metro World News

The only stress you'll have is which one to chose.



ALL PHOTOS METRO WORLD NEWS

Clockwise from top left: The view from the Choupana Hills spa. The serene Villa Termal das Caldas de Monchique. The spas at Vila Morte. A relaxing massage at Quinta das Lagrimas.

1 CHOUPANA HILLS
Madeira, Portugal

One of the most original, Asian-influenced Portuguese hotels. Its location, on a hill overlooking the bay of Funchal leaves visitors amazed. The spa has a indoor pool, aromatherapy, hot stone massage, Thai massage, reflexology, shiatsu, Moroccan mask scrub, hamman bath, algae wraps, and many other face and body treatments. Special offer: 2 nights with a Chills Out spa treatment $435.

choupanahills.com

2 VILA MONTE
Algarve

Moorish heritage can be clearly seen in this Algarve countryside spa. The Kasbah Spa focuses on body and face with treatments reflecting both North Africa and the East including shiatsu, ayurvedic, berber, aromatherapy oil chocotherapy. Vila Monte is a country resort with golf courses and swimming pools, and a renowned restaurant, the Orangerie.

Celebration package: $242 in double room with an almond massage and dinner for two.

vilamonte.com

3 HOTEL QUINTA DO LAGO
Algarve

A great location, facing the Ria Formosa, this Algarve hotel has indoor and outdoor pool with water jets, Turkish baths, saunas and outdoor jacuzzi overlooking the sea. Treatments includes aromatherapy, anti-stress and oriental massage, and wine therapy based on red grape varieties, with antioxidant properties, reaffirming and moisturizing the skin. A body treatment based on green tea if offered.

hotelquintadolago.com

4 QUINTA DAS LÁGRIMAS
Coimbra

Historic hotel popular for romantic getaways. The Bamboo Garden Spa uses the principles of Feng Shui. The spa overlooks the Fountain of Tears offers aromatherapy, seaweed treatments, hot stone massages and reflexology. Michelin starred restaurant.

Double room from $271. Special packages for the spa.

quintadaslagrimas.pt

5 VILLA TERMAL DAS CALDAS DE MONCHIQUE
Algarve

Famous for its thermal waters, scenery and peaceful setting in the green Serra de Monchique. Vichy showers, mud applications, massage, sauna, chocolate, coffee and grape masks. Packages start at $180.

monchiquetermas.com

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tico.ca

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Travel may broaden the mind and rejuvenate the spirit but it can also pump up your smartphone bill to pretty unhealthy levels. Watching video on the beach, downloading documents at foreign airports can mean huge charges on your bill, unless your plan specifically covers out-of-country use. METRO NEWS SERVICES

ALL PHOTOS METRO WORLD NEWS

Frederic Chopin called Valldemossa the most beautiful place in the world.

Breathe in the beauty of Majorca

CÉLIA PEDROSO
Metro World News

As idyllic as when Frederic Chopin called it the most beautiful place in the world Valldemossa on the island of Majorca, part of the Spanish Balearic Islands, is a sight to see.

Where I'd wake up

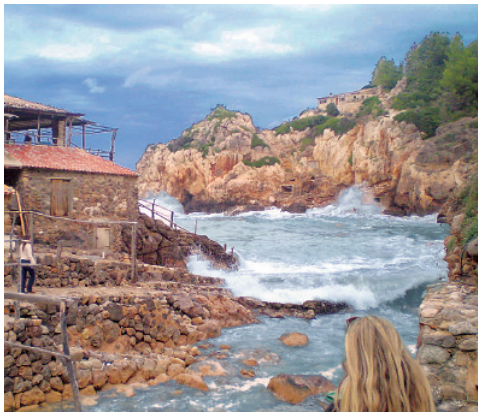
Valldemossa Hotel

On a hilltop with stunning views and every room has a balcony. Very close to Tramuntana mountain range, the 19th century complex used to belong to the Monastery. The hotels has spa, indoor/outdoor pool, biking and hiking. Double room and dinner for two from $459.

valldemossahotel.com

Spend the morning

The Royal Monastery (La Cartuja)



Deià Cove offers some breathtaking sights.

In 1717 an extension to the 14th century building was started with a new Baroque church and cloister but it was never finished. It's possible to visit the church, apothecary. The municipal museum shows works from Miró, Picasso, Tàpies, etc.

Where I'd lunch

Ca'n Pedro

In the village, "Can Pedro" offers traditional and local food. No big deal but honest food like fried cod with onion, fried calamares, lamb ribs, Majorca soups, rices, fig cakes. The restaurant atmosphere is nice and loud at meal hours and prices are around $30.

mesoncanpedro.com

The Valldemossa Hotel has luxurious suites and great views.

Spend the afternoon

Deià and Deià Cove

A beautiful hike, from the village of Deià to Deià Cove. It takes about three hours to do the six kilometres trail. The landscape is amazing approaching the cove. To the right of the cove, is the Alconasser trail, also called the painters' trail, because of its panoramic views.

deia.info/indexen.html

Where I'd have dinner

Valldemossa Hotel

The restaurant in Valldemossa Hotel gains a special atmosphere at night with views to the illuminated Monastery. Have a romantic candlelight dinner after sipping a pre-dinner horchata (made from almonds) or a cocktail on the terrace.

valldemossahotel.com

How I'd spend the night

Costa Nord Cultural Centre

In the village where Chopin felt so inspired, music can be heard in the streets or in the halls. The Centre, created by actor Michael Douglas (who owns an estate near), is open to artists and holds concerts and exhibitions.

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What to do if you bags are lost

So the airline lost your luggage. Should you make a federal case out of it — literally? Each year, passengers file thousands of complaints about airlines with the U.S. federal government. If you're hoping to change the airline's behaviour, take this route. But if you just want compensation for your loss, travel experts suggest going straight to the source. METRO NEWS SERVICES

Exploring eccentric Barcelona

Spain's second largest city offers a unique, memorable experience for travellers

ROMINA MCGUINESS
Metro World News

Quirky, eccentric and fiercely patriotic. Barcelona has it all — beaches, great nightlife and amazing shopping and sight seeing.

WHY GO NOW?

Visiting Barcelona, Spain's second largest city, is like going to another country altogether. With its own language (Catalan), laws and traditions, people here are fiercely proud of their city. Eclectic, dreamy, and super trendy-Barcelona is less oppressive than the capital city Madrid and much more quirky. Being on the coast, temperatures are also great all year round.

IT'S MY FIRST TIME

Avenue of Las Ramblas

The brouhaha along the broad Avenue of Las Ramblas makes it one of the most exciting streets in Spain. You can pick up a tweeting bird (in its cage), flower bouquets, printed T-shirts or stop for a cana (small beer) and listen to the street music.

Grab a breath of fresh air at the city's waterfront only a short walk from Las Ramblas. On Sunday mornings, local families and tourists rub shoulders strolling along the sand and dipping their toes in the somewhat chilly Med. Order a fragrant dish of seafood paella or fried calamari at La Mar Salada (Passeig Joan de Borbó).

I'VE BEEN BEFORE

Parque Guell

Eccentric artist Antoni Gaudí's colorful and crazy Parque Guell is a great way to spend the day. Bring a picnic and see some of the artists' most creative designs — the park is a UNESCO World Heritage Site. Culture is the life and soul of Barcelona, so dropping by the Museu Picasso (museupicasso.bcn.es) is a must. Some of his greatest work is on display here.

WHERE TO SHOP

Head to the antiques market held in front of a cathedral on Plaça Nova, in Barrí Gòtic district. It's a beautiful place to buy all sorts of bits and bibelots; dramatic manila shawls, posters, sturdy jewelry and the odd dusty old typewriter. Haggling isn't an option, it's a must.

Established in the 18th century, the bustling Mercat de la Boqueira (La Rambla, 91) is great for a not-so-ordinary afternoon shopping. Fresh fruit and vegetables form vivid pyramids of color and stalls sell pretty much everything Spanish and delicious from fresh cheeses, to breads and cuts of meat.

WHERE TO GO OUT

Stand up tapas bar Quimet & Quimet (Poeta Cabanyés 25) is a great way to start the night. The cramped space manages to remain cozy and all sorts of cans and bottles cover the wall from top to bottom. Its "New York meets Catalunya" vibe spreads to the delicious menu of cream cheese (all cheeses are overwhelmingly used as the leading ingredient here), beef and sweet tomato jam.

The wine selection is particularly good. Watch people fill their glasses or even bottles with wine pouring (not literally) out of the oak barrels at Bar Bodega Teo, a local fixture since opening in 1951. The interior design is flashy and fabulous- fairy lights and insect lamps are there to keep you out of the dark.

ALL PICTURES METRO WORLD NEWS

Barcelona offers beautiful views of the Mediterranean Sea along with some great beaches.

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This Spanish city offers a mix of historical and modern attractions.

Taking a cable car ride can give you a great view of the city.

The market at La Boqueria is a great place to find fresh food.

Three exciting things to do

- Sagrada familia: Gaudí's masterpiece dominates the city of Barcelona. Surreal, stunning and unique. Absolutely not to be missed. sagradafamilia.cat
- Cable car: Regular trips to the top of Montjuïc by cable car. Dizzying, but the views of the city are worth the heart racing experience. tmb.net
- Segway tour: It's weird but it gets you from A to B much quicker than walking. Double up on sight-seeing. barcelona-segwayglides.com

Top tips for Barcelona

Best Apartments

El Palauet is a series of six apartments (+34 93 218 0050; epliving-barcelona.es) that can be rented for a minimum of three days.

Each has stylish modern, white interiors, and a terrace overlooking Passeig de Gracia. There's also a spa that residents can use.

Best Pre-dinner Drinks

La Vinya del Senyor (+34 93 310 3379) is does wine by the glass with delicious bar snacks. Dry Martini's (drymartinibcn.com) name speaks for itself. This fabulous bar serves stiff drinks in grown-up surroundings. Mirablau (mirablaubcn.com) has terraces that are perfect for watching the sun go down. Alternatively, have drinks outside at the Park Güell right before it closes. GLOBALISTA

Honolulu Festival celebrates the Pacific Rim

The 16th annual Honolulu Festival is expected to provide a much-needed boost for Hawaii's visitor industry. The free festival features cultural exhibits, arts and music performed by people from countries throughout the Pacific Rim. Japan, China, Taiwan, South Korea, the Philippines, Australia, Canada, Alaska and Hawaii will be represented. METRO NEWS SERVICES

Many benefits to marrying abroad

More and more couples are heading to vacation spots to celebrate their nuptials

Destination **Weddings**

DANIEL SQUIZZATO
for Metro Canada

Wedding specialist Laurie Keith says never put your wedding rings in your checked luggage, but rather keep them handy at all time. Also many airlines offer closet space to store wedding dresses.

Destination weddings are becoming more and more popular. One expert expects them to make up 25 per cent of her business.

First, you found the perfect partner.

Then you picked the perfect place to tie the knot — and it's somewhere far, far away.

So, what's next?

It's a question more and more couples are asking these days, according to destination wedding specialist Laurie Keith. She says destination weddings — where couples travel to a foreign spot for their ceremony — account for about 16 per cent of all weddings, with that number expected to rise to 25 per cent in the coming years.

Her company, Romantic Planet Vacations, handles between 200 and 300 destination weddings a year, with all-inclusive resorts in locales such as Mexico, Cuba and the Dominican Republic being the most popular choices.

But while there's a romantic appeal to getting married in a special place, there are also plenty of practical considerations.

Not to worry, says Keith.

"There are actually many benefits of having a destination wedding, one being saving money on it," she says.

According to Keith, the average wedding in Canada costs $26,000, while a destination wedding usually runs the couple only about $6,000. The savings generally come from guests paying their own way, though there are options available for the cost-conscious.

Keith says group discounts are available at most resorts, and she's also seen situations where the couple pays for part of their guests' expenses.

Besides, she says, considering that most Canadians will take one trip a year, "they can just combine that with the trip to visit their family or friend at their wedding."

Once the guest list is sorted out, Keith has some key tips for the wandering couple: Plan as far ahead as you can, and consult someone who specializes in destination weddings.

"Most brides and grooms get overwhelmed with all the options out there," she says. "We can sit down and go through the process of asking what their interests are, what their budgets are (and) what destinations they favour."

The wedding planner will also handle issues such as airfare, accommodations and travel documents, says Keith. But what about the most important parts of the ceremony, the rings? How do they get there?

Not in your checked luggage, advises Keith. Couples should keep those handy at all times. She also says most airlines offer closet space to store wedding dresses during transport, though that space can get cramped if the plane has other like-minded couples onboard.

Aside from laying down deposits early to avoid disappointment, Keith also has one other important bit of advice: "don't let your guests boss you around.

"They tend to want a say in where they're going and what they're doing. But it really is ultimately your wedding, so at the end of the day, it's up to you."

Where to go for your perfect wedding?

Tips on picking the perfect wedding destination:

1. Pick your interest category. Are you looking to relax on a beach, go scuba diving or visit a famous landmark?
2. Check the wedding requirements. Different countries have different rules for couples looking to get hitched.
3. Pick a date. Keep peak dates in mind, as well as any seasonal issues in your destination country.
4. Know your budget. If money is an issue, consider a destination closer to home.
5. Consider resort star-ratings. Pick the sort of facility that meets your budget and expectations.
6. All-inclusive package or not? For large groups with diverse tastes and budgets, having options can be best.
7. Check availability. It's recommended that couples book at least six to 12 months in advance to ensure they get what they want.

SOURCE: ROMANTICPLANET.CA

*To enter or read contest rules, visit transatholidays.com/contests/cuba. The contest is open to all Canadian residents who have reached the age of majority in their province or territory of residence by the contest opening date. The contest runs from March 17 to April 13, 2010. The draw will take place on April 20, 2010.

Discover an Italian classic in Milwaukee

Rarely lent from the Pitti Palace in Florence, Italy, Raphael Sanzio's painting The Woman with the Veil is making its last United States' appearance likely for many years at the Milwaukee Art Museum. Responding to Leonardo da Vinci's Mona Lisa, Raphael developed his own idea of beauty in the portrait. METRO NEWS SERVICES

Marry your true love in paradise

Destination **Weddings**

JOHN & SANDRA NOWLAN
for Metro Canada

Get pool-side service at Sandals.

Most couple choose to be married on the beach at Sandals resorts.

The idea of saying "I do" while standing barefoot in the soft sand with warm tropical waters just metres away has become very appealing for couples planning the perfect wedding.

Sandals, the luxury all-inclusive Caribbean chain for couples only, has been aware of this trend for years and includes imaginative wedding packages at each of its properties.

The newest Sandals resort has just opened on Great Exuma Island in the Bahamas, 230 kilometres south of Nassau, and it's already become a hot destination for wedding parties and honeymooners. Until last year, Sandals Emerald Bay was a Four Seasons resort but a $15 million makeover has turned it into the most luxurious and romantic of the 14 Sandals properties.

In addition to a huge zero-entry swimming pool and the Caribbean's largest jacuzzi, this Sandals offers butler service in all its oceanfront and ocean view rooms (a first for the chain), a major Red Lane spa (perfect for brides and their attendants) and several new bars and restaurants offering beachside seafood, outstanding thin-crust pizza and a pub with traditional British food and drink. The two more formal restaurants are holdovers from Four Seasons but with enhanced menus. Adjacent to the 200 hectare property is an 18-hole, Greg Norman-designed championship golf course with many fairways hugging the sea.

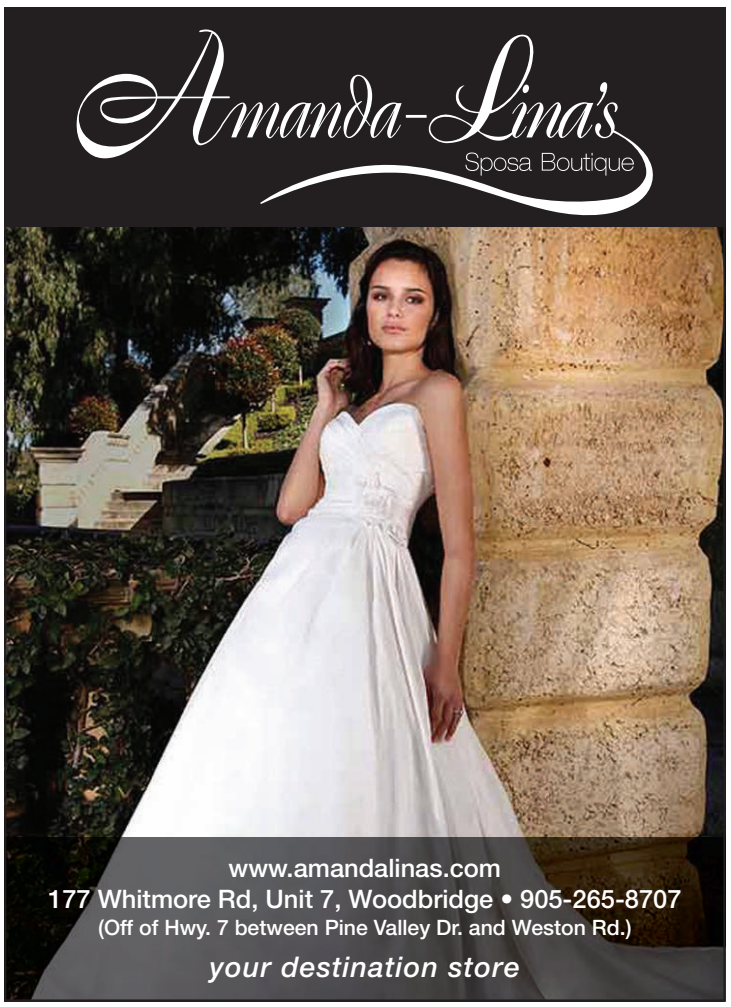
Guests who arrive from the airport (just 10 minutes away) are immediately impressed by the landscaping and the colourful displays of plants and flowers. The Landscape manager, Canadian Steve McFarlane has successfully "Sandalized" the grounds with five container loads of new flora.

But it's the beach that has the most appeal for wedding seekers, honeymooners or couples wanting a break from their kids. Vancouver native Robert Lemky, a veteran Sandals trainer, says this property is unique because of its setting. "The beach is probably the nicest one we have in the company," he told us.

The kilometre and a half of perfect soft white sand facing a brilliant turquoise sea is the major draw for couples wanting a memorable wedding in the tropics. Sandals has partnered with Martha Stewart to offer six distinctive and romantic beach wedding themes ranging from butterflies and white roses to multicoloured orchids. Most couples stay for the perfect honeymoon where pampering prevails and together they can take cooking, dance, golf or tennis lessons.

The General Manager of Sandals Emerald Bay, John Keating, has opened 10 hotels in his long career and admits that teething challenges are always prevalent in a new property. "We're not yet as polished as we'd like to be, " he admitted. "But we want the butler service to be outstanding and we're bringing in several more from India." His veteran restaurant managers (one from Germany; one from Russia) have intensified the training programmes to bring service to the five star level. By Easter, Sandals Emerald Bay will be at or near 100 per cent capacity and the managers are confident that food, accommodation and service will all make this resort the best in the Sandals chain.

Tim Godfrey and his wife, Barbara, of Toronto think they're close to that already. "People here are wonderful and friendly," he told us. "We knew there'd be growing pains but it didn't bother us a bit. We love the laid-back attitude, the white sand and the vivid turquoise water… There's no place on the planet that looks like this."



THE VIDEO EVERYONE'S TALKING ABOUT

Visit metronews.ca to watch metrotube

One million people volunteer to get a free day at Disney parks
Disney has reached its goal of getting one million people to sign up for a day of volunteer work in exchange for a free one-day ticket to a Disney park. Under the "Give a Day, Get a Disney Day" program, Disney is giving a free day's admission to any park provided the volunteer work has been performed and certified. METRO NEWS SERVICES

Flee the city for farm life

PAUL BALDWIN
Metro World News

METRO WORLD NEWS

Going on a cattle run might be a great way to get away from your normal city lifestyle.

The city slicker cowboy is a bit of a cliché, but it's still great fun.

A farm vacation may sound like a contradiction in terms but all over the world agriculture is turning to tourism to boost the coffers — often with amazing success.

Whether you crave a real taste of the country or simply a peaceful get away with a rural backdrop a farm break can be a real bargain.

So we've scoured the world and here's our pick of the best …

THE V6 RANCH
California

It's impossible to resist the City Slickers tag on this 20,000 acre cattle ranch between San Francisco and Los Angeles. On spring and fall cattle drives you saddle-up and pitch-in much as cowboys and cowgirls have done for centuries. The ranch also offers hiking, photography, wildlife, bird watching, fishing, all against a backdrop of breathtaking beauty.

parkfield.com

CAN MARTI
Ibiza

Yes I know. Ibiza … a farm. Who knew! But Can Marti is of course organic and solar-powered and has been a working farm for about 400 years. Guests are free to roam, help out.

Can Marti has no AC and no pool but manages to remain one of the coolest farms on the planet.

canmarti.com

LOCANADA DELLA VALLE NUEVO LE MARCHE
Italy

Blissfully charming 200 acres of super-organic crops, cattle, pigs and poultry close to Urbino. Delicious home cooking and truffles in the woods. Stables, a pool, gorgeous rooms and lovely staff who live by the farm motto "one should tread lightly on the earth."

vallenuova.it

STORA HOLMEN
Sweden

Modern, comfy farmhouse just north of Gothenburg with an adjoining four-bed cabin. Guests are encouraged to help out on the farm which grows cereals, potatoes and carrots on 300 hectares. Pigs are a big deal here too and about 700 piglets are born every year — which means meals are, slightly unsentimentally, rather pork-based.

storaholmen.com

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WWW.ICELANDAIR.CA

Gay cruise company celebrates 25th birthday

The company that created the gay and lesbian cruise concept is commemorating its 25th birthday with a Silver Anniversary Cruise in Hawaii. RSVP Vacation said that it will be the company's first cruise in the islands. METRO NEWS SERVICES

Greece's hidden gem: Thessaloniki

ZOE KOSKINIDOU
Metro World News

While most tourist who visit Greece head to Athens, the Athenians themselves head to Thessaloniki,

For exciting nightlife in Thessaloniki head to the area around Syggrou and Valaoritou streets.

The Thermaikos Café is a great place to grab some lunch.

How to get there

- By air: Flights from Athens to Thessaloniki throughout the week. Flight time: 40 minutes. Average price ticket: $205 including fees and taxes. olympic-air.com, el.aegeanair.com.
- By train: Either take the fast train — ICE (four hours from Athens to Thessaloniki, ticket costs $68) or the slow train (six hours, $20). ose.gr.
- By bus: It takes six to seven hours from Athens to Thessaloniki with a half an hour stop for food/coffee. The tickets costs around $48 (one way) and $75 (return).

WHERE I'D WAKE UP

Luxembourg Hotel

Located just next to the bustling piazza of Aristotelous, the most central part of Thessaloniki. Very close to the commercial road of Tsimiski, where all the cool shops are. $150-per-night for a double room (inc. breakfast

6, Komninon St.
+30 2310 252600

SPEND THE MORNING

The Museum of Photography

The only museum of its kind in Greece. It is located in Warehouse A at the Port of Thessaloniki and has one of the coolest coffee shops of the city and a view of the port.

127, prospekt Stroitelei St.
thmphoto.gr

WHERE I'D LUNCH

Thermaikos Café

Thermaikos Café is one of the oldest and coolest places to stop for a cup of coffee and a quick snack. A short distance from the Museum of Photography and close to the White Tower which is now The city museum. Latte and BLT about $11.

21, Nikis Ave.
+30 2310 239842

Spend the afternoon

Shopping on Tsimiki and Egnatia Avenues

The best time to shop. Tsimiski and Egnatia Avenues are filled with all kinds of stores, major brands and the small local boutiques of young Greek designers. Georgina Kostara is one of the most promising ones with a shop.

24 Proxenou Koromila St.
+30 2310 262685
georginakostara.com

WHERE I'D HAVE DINNER

Psarokokkalo

Fresh fish at Psarokokkalo, a very small, cosy and beautiful place. Fish can be pricey in Greece, but Psarokokkalo serves the best fish plates at low prices. $20 for a main meal plus salad, starters and beer/wine or Ouzo

3, Skra St.
+30 2310 279405

HOW I'D SPEND THE NIGHT

Paparouna

Nightlife is a major deal in Thessaloniki. The best areas for trendy bars are around Syggrou and Valaoritou streets.

7, Syggrou street and Vilara street
+30 2310 510852

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Intact baby woolly mammoth to go on display in Chicago
Some 42,000 years after scientists say she fell into mud near a river and suffocated, an intact baby woolly mammoth from the Ice Age is to go on display for the first time in the United States at The Field Museum in Chicago. fieldmuseum.org. METRO NEWS SERVICES

Beautiful Budapest has plenty to offer

ZSUZSA PUSKÁS
Metro World News

Budapest, the capital city of Hungary, has everything the weekend traveller could dream of.

SEE
The City
A stroll in Budapest is a cultural experience in itself. Andrássy út, is where you'll find the theatres and museums, but cross the Danube River to the Buda side for splendid views over Pest.

EAT
Mátyás pince
This is the place for real Hungarian food. The listed interiors feature frescos and stained glass and the waiters wear traditional costume. Live gypsy music most days. Main course $15.
Where: Budapest Március 15. tér 7.

DRINK
Callas
A beautiful bar situated right by the Opera House with spectacular views from the terrace.
Where: Budapest, VI.ker. Andrássy út 20

BUY
Pick Salami
Hungarian delicacy made to a secret Pick family recipe featuring 'cool air wafting from the Tisza river.'
Where: Pick store near to Parliament at Kossuth Lajos. tér 9.

STAY
EasyHotel Oktogon
Budget hotel opened in the centre of town last October. No room service or mini bar but it's ideal for those travelling on budget. From $44.
Where: Eötvös utca 25/a.
Book: easyhotel.com

Reader's tips

• Áron Komjáti:
21, student, Budapest
I would suggest one of the jazz clubs in the city to party: there aren't many of them, but the music is good there.

• Klarissza Vizinger:
19, student, Budapest
My favourite part of the city is the river bank by the Danube River. The other thing I suggest is the Chain Bridge for evening walks ... the city is just beautiful from there.

• Zsolt Juhász:
28, security guard, Budapest
Ever since I was a child I've been astonished by the beauty of Margaret Island. We go there each weekend to recharge our batteries.

• For more information on travelling to Budapest see budapestinfo.hu.

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Travel Apr 19 - May 3/kl + taxes & fees $403

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Travel Apr 19 - May 3/kl + taxes & fees $412

Rio de Janeiro $729
Travel Apr 21 - May 5/ua + taxes & fees $223

Sydney $949
Travel May 5 - May 26/ua + taxes & fees $355

Vacations

Las Vegas
Air + 4 Nights 4-Star
$295
Luxor + taxes & fees $241
Departs Apr 4/swg/wg.

Atlantic City Air + 3 Nights 4-Star $269
Ballys Atlantic City + taxes & fees $121
INCLUDES accom on the boardwalk.
Departs Apr 22/wsv/ws.

Montreal Air + 3 Nights $269
Holiday Inn Montreal Midtown + taxes & fees $131
Departs Apr 27/wsv/ws.

Arizona Air + 3 Nights 4-Star $549
Pointe Hilton Tapatio Cliffs Resort + taxes & fees $137
INCLUDES accom near Phoenix, set amid the Mountains with water park, spa and championship golf course. Departs Apr 12/ggv/dl.

San Francisco Air + 4 Nights $599
Renoir Hotel + taxes & fees $127
Departs Apr 26/ggv/aa.

Shanghai Air + First 2 Nights 4-Star $779
Holiday Inn Downtown + taxes & fees $361
INCLUDES first 2 nights accom with daily breakfast. Travel Apr 13 - 21/ggv/ua. ADD Huangou River Cruise for $69.

Hawai'i Air + 7 Nights $783
Ohana Waikiki West + taxes & fees $142
INCLUDES accom in Waikiki. Departs Apr 14/acv/ac.

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Grand Paradise Playa Dorada + taxes & fees $329
Departs Apr 1/nol/c6.

La Romana 7 Nights 4-Star $418
Oasis Canoa + taxes & fees $329
Departs Apr 5/vat/ts.

Varadero 7 Nights 4-Star $445
Mercure Playa de Oro + taxes & fees $210
Departs Mar 26/swg/wg.

Cayo Coco 7 Nights 4-Star $457
Blue Bay Cayo Coco + taxes & fees $213
Departs Apr 15/nol/ts.

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Departs Mar 26/swg/wg.

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Western Caribbean
5-Night Cruise $409^
Carnival Destiny + taxes & fees $55^
CRUISE roundtrip Miami and visit Ocho Rios & Grand Cayman. Sails Apr 10/cnv.

Mediterranean 7-Night Cruise $669
Celebrity Constellation + taxes & fees $126
CRUISE roundtrip Barcelona and visit Nice, Genoa, Livorno/Florence, Civitavecchia/Rome & Naples. Sails Oct 9/cel.

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Turkey on a budget

ROMINA MCGUINESS
Metro World News

Turkey is an amazing country and it's even more amazing how much you can get for so little.

METRO WORLD NEWS

Taking a tour of the lush gardens at the Beylerbeyi Palace is a great way to spend the day

DAILY BUDGET $75

EAT

Ciya Sofrasi

Using secret recipes from the lesser-known provinces, Musa Dagdeviren's restaurant is both authentic and delicious. Sip on a fresh tamarind juice and chew on candied pumpkin.

ciya.com.tr

STAY

Hotel Eklektik

Nestled into a quaint backstreet, Hotel Eklektik lives up to its name. The roof terrace and glass walled hammam are extra perks.

eklektikgalata.com

GO

Beylerbeyi Palace

Tour the lush gardens of Beylerbeyi Palace. The grounds make for a pleasant walk and the interior, with its no-holds barred extravagance, is a must see.

millisaraylar.gov.tr

More info

For more about Turkey visit tourismturkey.org.

DAILY BUDGET $150

EAT

Komsu

Street food with a twist, Komsu turns kebabs into a gourmet delicacy. Try the Sogan (topped with pomegranate).

komsu-kebap.com

STAY

Hotel Ibrahim Pasha

Close to the Blue Mosque, this affordable hotel is simple and stylish. Bedrooms are small but have TVs, fruit and wine.

ibrahimpasha.com

GO

Pera Palas

Drink mint tea in the marble and porphry adorned public rooms of Pera Palas. This is the terminus hotel of the legendary Orient Express.

perapalas.com

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Culture CLub could reunite
He isn't promising anything, but Boy George has said that his former band Culture Club may reunite in 2011 to mark the three decades since their formation. "I think we could do a one-off gig or maybe a small tour," he told the BBC. POPEATER.COM

Entertainment

For the kids
What do Robert Downey Jr., Katy Perry and a few hundred gallons of green slime have in common? The stars are set to help dole out Nickelodeon's 23rd Annual Kids' Choice Awards this Saturday. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Baruchel tames the Dragon

NED EHRBAR
Metro World News

Jay Baruchel is the first to admit he's easy to please, and making his latest film, the animated How to Train Your Dragon, gave him plenty to smile about — including fulfilling a lifelong goal of having an action figure based on one of his characters.

Baruchel sat down with Metro to talk about Scottish accents, unlimited hamburgers and why Canadians are so funny.

Q How did you like making an animated film?

A For me it was a lot of fun because I got to record a lot of it in Montreal. I was able to just record and go home, which is pretty cool. It's always fun when you're doing it with other actors, but there's something to be said about just coming in for two hours, doing each line 10 times, eating a hamburger and going home. I can't stress enough how they always had hamburgers waiting for me. It was pretty cool.

Q Hamburgers were a specific requirement?

A Yeah, it kind of was. Even when I did some recording for the DVD. I was only going to be in there for half an hour, and they're like, "We got In & Out on the way, it's coming." It was amazing. Even in New York, when I was recording there, I'd roll in and they'd be like, "OK, we just sent someone out to McDonalds for you." That was great.

Q Did you recognize a lot of yourself in your animated character, Hiccup?

A Maybe I'm just a narcissist, but yeah. I saw a lot of myself in there. He's got terrible posture, and he scrunches up his face the way that I do, and he gestures with his hands and he's real skinny. Yeah, I take ownership of him, man. A hundred and fifty per cent. I'm just predisposed to loving Hiccup. I think he's awesome. There's this little dude on screen who's like a mini cartoon of me. It's like as close to having a kid as I've ever come.

Canadian actor Jay Baruchel, right, voices a character named Hiccup in the new animated film How to Train Your Dragon.

Q Have you thought about moving to L.A. instead of staying in Montreal?

A I've been acting out here since I was 18, and I'll be 28 next month, so if I was going to move I probably would've done it a while ago. It's a racket I've been running for about a decade now. It's great, since I don't live here they always put me up in a nice hotel, and if I lived here I'd just be another actor. But also I live three blocks away from my mother and the house I grew up in, and I live with two guys that I've known since I was 14. That's just my home.

Q Why do you think Canadians, on average, are funnier than Americans?

A Well, I won't say that. I know better than to agree to that. But what I'll say is we export a lot of funny people. Actually, generations of people have tried to answer that question. What makes us funny? It's basically because we're equal parts in Great Britain and the U.S., so we have two different comedic sensibilities put into one. It's either got to be that or it's the free medicine gives us more time to think about jokes. I don't know, but there's something in the water, definitely.

How to Train Your Dragon opens Friday

Movie feature

Q Do you get an action figure of yourself for this movie?

I do. I'm a Happy Meal toy, which is a huge benchmark in my career. For someone that eats as many hamburgers as I do, to be a readily available toy at one of the places that sells said hamburgers is a pretty big thrill, honestly.

A In the movie, the adults are voiced by Gerard Butler and Craig Furgeson, while the kids are voiced by you, America Ferrera and Jonah Hill. Do Vikings become Scottish at some point during puberty?

Q (Laughs) That was always a question. I think they like that it hammered home the generation gap more. All the old guard talk a certain way, and the rest of us — I read a review where they said we sound like kids that could be found at any mall. But yeah, there's a point when your balls drop and you start talking Scottish.

Ahoy, 3D sailor!

Classic cartoon series Popeye will get the 3-D CGI treatment from Sony, Variety reports. This will be the sailor character's first foray into film since 1980's live-action movie starring Robin Williams and directed by Robert Altman. EW.COM

Going coastal en français

ADAM NAYMAN
for Metro Canada

PHOTO PROVIDED

Melanie Leblanc and Antoine Gratton co-star in La Divan du Monde, premiering at Cinefranco 2010.

A sweet romantic comedy that doubles as a hitchhiker's guide to Canada, Dominic Desjardins' La Divan du Monde — selected as the opening night presentation of this year's Cinefranco festival (which starts Friday) — is also a rarity.

It's a Canadian Francophone film produced outside of Quebec.

"I think that there have only been one or two other ones," says Desjardins, a self-described 'Franco-Ontarian' with a background in television who found himself in a unique position to make his first feature.

"I find it exciting and liberating to make movies in a guerilla sort of way."
Dominic Desjardins
director of
La Divan du Monde

"I was invited to take part in a musical tour celebrating the 400th anniversary of Quebec City," explains the filmmaker. "They were looking to honour francophones beyond Quebec. My project was to film different cities along the way, but it was vague. So I thought:, 'We have (Juno-award-winning musician) Antoine Gratton, we're on the road — why don't we make a movie?'

"I asked them if they would help with transport and food for the crew, and we pulled it off on a shoestring."

There are moments when La Divan du Monde betrays its small budget, but the sense of intimacy — and clear absence of commercial-minded meddling in the story — proves rather winning.

"I find it exciting and liberating to make movies in a guerilla sort of way," says Desjardins. "You don't have to meet deadlines or answer to anybody. I wrote a script and didn't have to wait five years for it to get made."

But the real key, he says, was finding the right pair of actors for the leads. While Gratton is appealing in his feature debut, the film belongs to co-star Melanie Leblanc, whose character's attempt to thumb her way from B.C. to Prince Edward Island gives the story its coast-to-coast arc. "Melanie is originally from Moncton," says Desjardins. "In Quebec, we rarely hear those sorts of local accents, so when we were shooting Montreal, everybody there loved listening to her."

More films to check out

Cinefranco March 26 - April 3

- La Regate (The Boat Race): A perceptive, teen-oriented drama about a troubled boy who channels his frustrations into competitive rowing. (Saturday, 1 p.m.)
- The Rebel, Louise Michel: The ever-marvellous Sylvie Testud stars as the eponymous anarchist in a vivid, politicized historical drama. (Sunday, 1 p.m.)
- Un Coeur Simple: Flaubert's tale of a woman ground down by her own innate sense of devotion gets a spare, unsentimental cinematic treatment from first-time director Marion Laine.

This year's Cinefranco film fest runs March 26 to April 3. Visit cinefranco.com for information and tickets.

PHOTO PROVIDED

Rush star in a rockumentary called Rush: Beyond the Lighted Stage.

Hot Docs' hot tickets

FILM FESTIVAL Entourage star Adrian Grenier's look at a teenage paparazzo, Oscar-winning director Steven Soderbergh's profile of the late theatre artist Spalding Gray and a piece on homegrown rockers Rush are among the offerings at this year's Hot Docs festival.

The 17th annual Toronto event will kick off April 29 and is billed as North America's largest documentary festival.

Organizers say the audience has more than doubled over the last five years. The increase is a reflection of a desire by audiences to see genuine expression in cinema, says Sean Farnel, the festival's director of programming.

"Documentary filmmakers, in the fluid forms they work with, they allow their stories to really breathe and the people in their stories to express themselves in their own voices with their own passions."

The festival will open with Thomas Balmes' highly anticipated French documentary Babies, which follows four infants from around the world.

Screening later that day is Rush: Beyond the Lighted Stage from Canadian filmmakers Scot McFadyen and Sam Dunn.

Grenier's film, Teenage Paparazzo, focuses on 13-year-old shutterbug Austin Visschedyk and features socialite Paris Hilton and actors Alec Baldwin and Matt Damon. Also examining celebrity culture is Ricki Stern and Annie Sundberg's Joan Rivers — A Piece of Work, about her efforts to get work in a youth-obsessed business.

THE CANADIAN PRESS

Hot Docs info

Toronto April 29 - May 9

- There will be 166 documentaries screened across the city.
- The films come for 41 countries.
- Find more in at hotdocs.ca

Advance tickets* on sale at 10 am

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Dangerous doggies

Kelly Osbourne fractured her elbow trying to get her mother Sharon's dogs to stop fighting. The 25-year-old was at her parents' house at the weekend when she got involved in the pampered pooches' dispute and paid the price with a trip to the hospital. FEMALEFIRST.CO.UK

A lady-not-in-waiting

Lady Antebellum's swift ascent to the top — the Grammy, the No. 1 album, the platinum plaques, all coming within only a few years of the country group's forming — happened so quickly that it might have seemed like the Nashville trio came out of nowhere.

Of course, they didn't. And in fact, the group can trace the roots of their astoundingly accelerated rise, in part, back to Canada.

That was where the band began hitting their stride during a tour with Keith Urban, and where they eventually shot the ubiquitous music video for their biggest hit.

"Man, when we came up and opened up shows last fall for Keith Urban, that was some of the craziest country fans I've ever seen," singer Charles Kelley told The Canadian Press as the group paused for press in Toronto.

"It was a huge opportunity for us, and I think it was a big part — honestly — of our success."

Of course, another big part of that success is Need You Now, that omnipresent tune about a drunken late-night phone call to an ex-lover.

The song's video — viewed nearly nine million times on YouTube — was done in Toronto. A 17-hour shoot was required to film the clip, which features the band sprinting through the St. Lawrence Market neighbourhood and cavorting in the dimly lit halls and grand ballroom of the venerable King Edward Hotel.

While it wasn't the band's first hit — their self-titled debut went platinum in the U.S. and gold in Canada on the strength of three singles that landed in the top 20 on Canada's country charts — Need You Now represented a major turning point.

The song reached No. 2 on the charts in the U.S. and Canada. With its memorably yearning chorus and stormy night-time mood, the tune has crossed over to other genres as well, rocketing up pop and adult contemporary charts while swallowing up radio time across multiple formats.

The album of the same name was similarly successful, topping the charts in the U.S. and Canada and reaching platinum status after less than a month on store shelves.

If the success has gone to the group's heads, they're remarkably adept at concealing it. Singer Hillary Scott, Kelley and multi-instrumentalist Dave Haywood maintain an easy approachability, humility and aw-shucks demeanour about their burgeoning success.

THE CANADIAN PRESS/DARREN CALABRESE

Lady Antebellum members, from left to right, Charles Kelley, Dave Haywood, and Hillary Scott pose for a photograph in Toronto Monday, March 22, 2010.

"We felt out of our element a little bit," Kelley said. Everybody has their entourage and they're kind of all orbiting around their own planets. Lady Gaga wouldn't look at me."

Hillary Scott lead singer of Lady Antebellum on her experience at the Grammys

"We all sat around and made a bet (about first-week sales), just as a joke," said Scott, whose formerly blond locks were a deep brown during this trip.

"We all low-balled it big-time."

The album's success can be partly attributed to the band's high-profile performance at January's Grammy Awards, where they also won their first trophy for best country performance by a duo or group with vocals.

Their performance of Need You Now constituted a career highlight for the group, despite being marred by a stage flub wherein a falling curtain briefly ensnared Scott's head (she smoothly flicked the sheet away and continued with the performance).

But the Grammys also provided a stark contrast to the more inclusive environment the band is used to at country events. In fact, Scott even referred to being snubbed by the other Lady of the evening — Gaga.

"We felt out of our element a little bit," Kelley said. "Everybody has their entourage."

"And they're kind of all orbiting around their own planets. Lady Gaga wouldn't look at me," she added, with a laugh.

It's certainly a change from the reception the group is used to at country music ceremonies, though the band is hardly a traditional country outfit.

Often, their wistful, mild-tempered tunes hew closer to soft-rock, with occasional streaks of blue-eyed soul. It reflects the trio's broad tastes (they recently wrote with John Legend and Scott lists her dream collaborators as Beyoncé and Justin Timberlake).

But they've been accepted with open arms by the country establishment.

They've won three CMAs and snagged a leading seven nominations at next month's Academy of Country Music Awards (though they insist that they prefer not to plan acceptance speeches, Kelley says that if they win a trophy he'll make sure to thank his wife after forgetting in the past).

THE CANADIAN PRESS

Jackson's death doc set to shock

As Michael Jackson lay dying in his bedroom in a rented mansion, his doctor stopped trying to resuscitate him and delayed calling paramedics so he could collect drug vials at the scene, according to an employee of the pop star who called for an ambulance.

Alberto Alvarez, who worked as Jackson's logistics director, told investigators that after receiving a distress call from another worker June 25, he rushed up the stairs of Jackson's home and entered a bedroom to find the singer lying on a bed with his arms outstretched and his eyes and mouth open.

At his side, Jackson's personal physician, Dr. Conrad Murray, was administering CPR with one hand.

"Alberto, Alberto, come quickly," Murray said, according to a statement obtained by The Associated Press. "He had a reaction, he had a bad reaction."

Two of the star's children, Prince and Paris, came in the room and cried as they saw Murray trying to save their father. They were quickly ushered away.

"Two of the star's children, Prince and Paris, came in the room and cried as they saw Murray trying to save their father."

The account and other statements obtained by the AP depict a grisly scene in Jackson's room in the final minutes before paramedics arrived.

Jackson's death at age 50 was ruled a homicide caused by an overdose of the powerful anesthetic propofol and other sedatives.

The possibility that Murray may have tried to hide evidence is likely to be a focus as prosecutors move ahead with their involuntary manslaughter case against him.

Alvarez told police he arrived at Jackson's home around 10:20 a.m. He was awaiting instructions for the day in a security trailer outside Jackson's rented mansion when, at 12:17 p.m., his phone rang. It was Jackson's personal assistant Michael Amir Williams, who said Jackson was in trouble.

Alvarez said he was "frozen and stunned" when he saw Jackson on the bed.

Murray then grabbed a few vials with rubber tops and told Alvarez to put them in a bag, Alvarez told investigators. Alvarez picked up a plastic bag from the floor and Murray put the bottles inside, then Murray told Alvarez to put that plastic bag inside a brown canvas bag, according to the account.

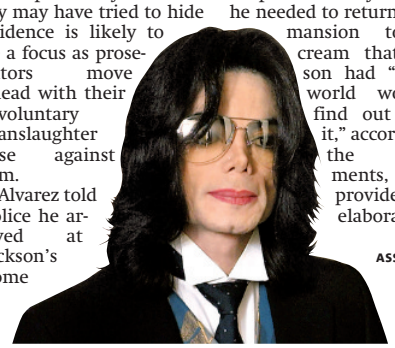
Alvarez said Murray then told him to remove an IV bag from a stand and put it in a blue canvas bag. He did, and noticed the bag had a connector with a milky white substance in it. Alvarez didn't say what happened to the bags, nor did he identify what was in the vials.

Murray's lawyer, Ed Chernoff, rejected the notion his client tried to hide drugs. He also noted Alvarez was interviewed twice by police and gave different accounts of what happened in Jackson's bedroom. During the first interview, Alvarez did not mention being told to tidy away medicine vials.

"He wasn't putting bottles in a bag and trying to hide them," Chernoff said. "We are confident that a fair trial will ferret out the truth."

The documents also detail an odd encounter with Murray after Jackson was declared dead at a nearby hospital. Murray insisted he needed to return to the mansion to get cream that Jackson had "so the world wouldn't find out about it," according to the statements, which provide no elaboration.

THE ASSOCIATED PRESS



TV drama queen
A teen beauty queen who was featured on ABC's Wife Swap two years ago is suing the network for $100 million, charging they framed scenes to "maximize her public embarrassment" by making her look like a spoiled brat. **POPEATER.COM**

An Olyphant in the room

Deputy U.S. Marshal Raylan Givens has a great walk. A moseying, unconcerned kind of walk that signals his style of dealing with the world.

He's supercool under pressure. Even staring down the barrel of a bad guy's gun, Givens tosses the dilemma back on the other man, as if to say: Stop your foolishness before you make your problems worse.

Such is the surface ease and, yes, inner turmoil of Givens, hero of the new FX drama Justified. It aired its second episode this past Tuesday after starting with a bang last week by attracting more than four million viewers. (In Canada, the series is set to air on Super Channel starting in April.)

It stars Timothy Olyphant as a child of Eastern Kentucky coal country who bolted from that unforgiving way of life for the wide, open spaces of the federal marshal service. But as Justified began, a fatal shooting by Givens may not have been quite justified. As punishment, he was reassigned from sunny Miami to the Lexington, Ky., office.

Now he's back home where bad guys, old habits and ghosts are right where he left them, along with his ex-wife and long-estranged father, who happens to be a career criminal.

"Raylan told himself he was never going back," says Olyphant. "Then he gets back and there's a lot waiting for him."

The show is colourful and quirky, befitting its roots in the fiction of crime novelist Elmore Leonard.

"When I'm reading him," says Olyphant, "I always think he had a twinkle in his eye as he was sitting at the typewriter."

But on Justified, something darker is also in the air, which poses the challenge of balancing lightheartedness with heavier drama.

The premiere episode left an enigmatic aftertaste at its fade-out when Raylan's ex tells him, "Honestly, you're the angriest man I have ever known."

Olyphant likes how the show gave viewers that little ticking bomb of information.

"It's a nice thing to just have it there," he says.

"To know that someone who understands Raylan better than most, sees something there that even he seems to be unaware of."

GETTY IMAGES
Timothy Olphant plays a moody deputy U.S. marshal in Justified.

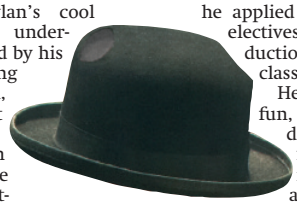
Justified will air in April on Super Channel

"I want the show to be about that: What happens when Givens gets back and some of the old demons start to set in? It's not a bad thing to watch this cool, cool dude come a little bit unravelled, a little bit undone. To pull at that thread a little bit ... could be a fun place to go."
Timothy Olyphant on the future of his character on Justified, Deputy U.S. Marshal Raylan Givens

Maybe he's harbouring buried rage. But at the same time, Raylan has a playful, boyish side.

"He's a guy that likes an ice cream cone!" laughs Olyphant.

And on a future episode, viewers will hear how Raylan lost a prisoner he was transporting when he left him unattended in the motel room to visit Baskin-Robbins next door.



Raylan's cool is underscored by his purring drawl, a hint of which can be detected from chatting with Olyphant. But turns out he grew up in Northern California, not the South.

"The show may have rubbed off on me a little bit," he acknowledges. "But I think it's mostly a lazy California thing."

Lanky, handsome and boyish-looking, even now at 41, Olyphant decided to give drama a whirl at the University of California, Irvine, where he applied some course electives for an introduction to acting class.

He found acting fun, and, after ditching plans for grad school in fine arts, he and his wife moved to New York, where for a couple of years he studied drama.

He had few misgivings about his new pursuit.

"The fear wasn't whether an acting career could work or not," he says. "The fear was: What if it works?"

But by now, Olyphant feels ready to deal with the burdens of celebrity and other show-biz distractions that can spring up with stardom in a hit show.

Olyphant's film credits already include A Perfect Getaway, High Life, Hitman and Live Free or Die Hard, as well as the just-released The Crazies, an update of the George A. Romero horror classic.

But he caught the eye of TV viewers as Seth Bullock, the upright sheriff on HBO's rawboned Western, Deadwood, and on FX's Damages, where last season he had a recurring role as the mysterious love interest of the tormented lawyer played by Rose Byrne.

Then Justified came along. Olyphant was intrigued by its pilot script and by its looming clash of darkness and light. He recalls a meeting with executive producer Graham Yost, whose credits include From the Earth to the Moon, Boomtown and the current HBO miniseries The Pacific.

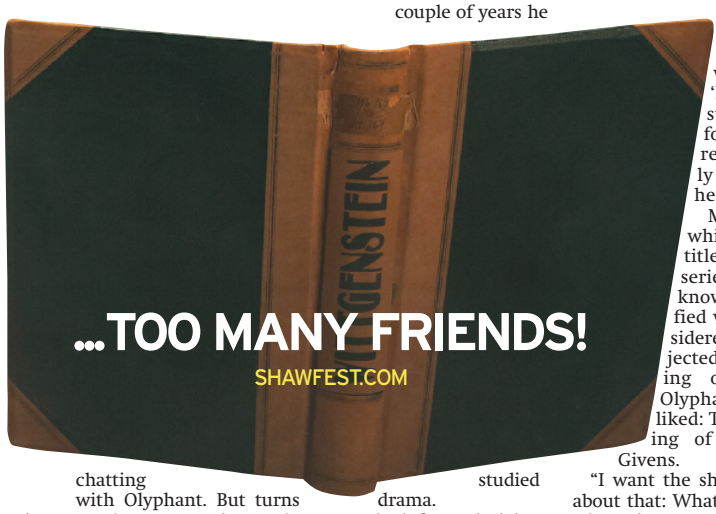
"I didn't have a lot of questions," says Olyphant. "But I had a few, like, 'What happens next?' And as I recall, a lot of his answers started with, 'I'm not sure.' I found it refreshingly honest," he laughs.

Meanwhile, many titles for the series now know as Justified were considered and rejected, including one that Olyphant really liked: The Undoing of Marshal Givens.

"I want the show to be about that: What happens when Givens gets back and some of the old demons start to set in? It's not a bad thing to watch this cool, cool dude come a little bit unravelled, a little bit undone.

"To pull at that thread a little bit ... could be a fun place to go," says Olyphant.

THE ASSOCIATED PRESS



GETTY IMAGES
Kim Hye-ja

Asia films honoured

AWARDS A South Korean drama about a mother's quest to exonerate her mentally handicapped son from murder allegations shined at the fourth Asian Film Awards on Monday, clinching best picture and top acting honours for veteran performer Kim Hye-ja.

Mother also bagged the best screenplay prize for director Bong Joon-ho and co-writer Park Eun-kyo.

"Kim Hye-ja carries the image of a mother to all South Koreans. So after Bong met her for the first time 15 years ago, he kept thinking about how to make a movie based on her image," Moon said through a translator backstage.

The producer said the film succeeded by making audiences ponder the power of parental love.

"The movie posed the question to viewers who are sons and daughters, 'Will my mother go to such lengths for me?' Mothers will ask, 'Can I sacrifice this way for my children?'" he said.

Hills star's stalker case suspended

LEGAL MATTERS A judge in Los Angeles has suspended the criminal case against a man charged with stalking Audrina Patridge so doctors can evaluate his mental competency.

Zachary Loring attempted to plead guilty Tuesday to a felony charge that he stalked The Hills star, but his attorney objected and a judge refused to accept the plea.

Willows blows in the highest bidder

SOLD! A signed copy of the classic children's book The Wind In The Willows has been sold at the Bonhams auction house in London for 32,400 pounds (C$50,000) — around 10 times its estimated value.

They had expected it to fetch between 3,000 to 5,000 pounds.

THE ASSOCIATED PRESS

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Owl City takes flight

KATARINA MATSSON
Metro World News

Coca-Cola warehouseman Adam Young cured his insomnia by making music and as Owl City his single Fireflies topped charts in the U.S., Canadian and U.K.

But the Minnesota native is notoriously reluctant to give interviews. Metro Sweden's Katarina Matsson managed to spark an email exchange with the reluctant star.

Adam Young started making music in his parents' basement.

Q Hello Adam, you came from nowhere to reach number one in several countries and suddenly the buzz is everywhere. Who are you?

A I have no idea who I am. It's sort of like that Jackie Chan movie…

Q When and why did you start making music?

A I didn't have anything sweet to do with myself so I started making music in my parent's basement two years ago. I found the process pleasing and thus, I haven't stopped.

Q I understand that you created Owl City due to insomnia. Do you still have trouble sleeping?

A I take Ambien a lot and sometimes I leave the vacuum cleaner running all night to give me some good background noise. It's ironic really, because those nights I sleep the littlest, I often find the most inspiration. It's a blessing and a curse.

Q Do you still record in your parents basement and do you still live there?

A Yes and yes.

Q Why are you called Owl City?

A Because it makes more sense than I know how to describe.

Q Your influences range from God to fashion to art … What is your main inspiration?

A God.

Q What kind of European electronic music do you like?

A I'm really into trance music and I listen to a lot of Tiesto, Armin van Buuren, ATB, etc.

Q You're often compared to Postal Service, what do you think about that?

A I think I want to take my shirt off and grill a burger on the back porch.

Q You're travelling the world right now, how do you like your new life? Is it very different?

A It's the same life I've always lived except that I ride around in a huge bus and I don't sleep with any of my own blankets. I also play guitar.

Q What projects are you working on right now?

A A sneaky new album maybe?

Q Do you dream of any special collaborations?

A Taylor Swift, Shaquille O'Neal.

Q Name an outfit that makes you feel good?

A My dad's smelly motorcycle jacket.

Gallagher says attack left him in pain for months

PEOPLE Oasis guitarist Noel Gallagher says he spent months in pain and in rehabilitation after he was knocked to the ground on stage by a so-called fan during a Toronto music festival.

"I would describe the sudden impact and shock as feeling as if I had been hit by a bus," said the British rock star, who didn't appear in the Toronto court yesterday to face his attacker. Instead, he had his victim impact statement read by Crown attorney Ruth Kleinhenz-Neilson.

Gallagher said his injuries from the September 2008 incident forced him to cancel concerts in Paris and New York, among other cities.

"The promotional work in connection with the launch of the new album was very important to its success and early sales momentum. This opportunity was lost," Gallagher said as he described the impact the missed appearances had on the group, which has since disbanded.

The guitarist's words came at a sentencing hearing for his attacker, Daniel Sullivan, 48, of Pickering, Ont.

Sullivan who pleaded guilty to causing bodily harm, admitted he was drunk and couldn't remember how he got backstage at the Virgin Music Festival.

Gallagher has also launched a $2-million civil lawsuit against Sullivan.

The eight-month rehabilitation process forced Oasis to cancel five shows and appearances on several television shows, Gallagher said.

Kleinhenz-Neilson said Gallagher, who suffered three dislodged ribs, was attacked in a co-ordinated, intentional manner.

The Crown is seeking a sentence of six to eight months in jail. In court, Kleinhenz-Neilson suggested Sullivan, an amateur actor, had perhaps been seeking his 15 minutes of fame.

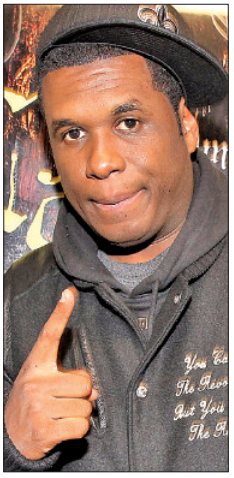
"You can't say 'I was drunk. I didn't know what I was doing,"' said Kleinhenz-Neilson, arguing Sullivan had the wherewithal to climb through a tiny gap in the stage between speakers in order to attack Gallagher.

Defence lawyer John Collins said his client is a "homebody," who has accepted full responsibility, feels shame and shouldn't face anymore punishment.

Collins described the father of three as a "good man who has made one bad mistake in an otherwise exemplary, law-abiding life," and asked for a conditional sentence, meaning no jail time.

Sullivan returns to court April 21 for sentencing.

THE ASSOCIATED PRESS



The Soft Pack, above, and Jay Electronica, right, are among the musical artists to watch this year.

Top bands to watch

Metro picks four acts poised to make noise in 2010

PAT HEALEY & G. VALENTINO
Metro World News

Sleigh Bells

This duo may be on the edge of inventing a brand new genre. For now, we'll call it dance-tortion. A singer named Alexis sings pretty pop melodies and hops around the stage while a guitarist named Derek plays distorted leads against beats so bottom-heavy that it's impossible not to move your feet, literally.

Even if the bass didn't shake your shoes off the floor, you'd want to bounce to these tunes. While the band is currently in the studio, get over to their MySpace and brace your speakers for a brand new sound.

Surfer Blood

"I'm too young to be defeated," sings J.P. Pitts on Surfer Blood's Twin Peaks.

This line is an apt representation of what makes this Floridian five-piece so special. They play with an exuberance usually reserved for people who don't know how to play their instruments yet. But the harmonic intricacies within their songs clearly demonstrate that they do.

"Every reporter in the world can't help but draw attention to how young we look," says Pitts, who is 23. "Youth is definitely a theme in the record, and being young and watching yourself get older and having that be troubling and exciting at the same time."

Their debut Astro Coast was released recently.

The Soft Pack

In the geographical space between the Arctic Monkeys and the Monkees is where you might find this San Diego band.

Singer Matt Lamkin sounds like Ray Davies at times, and the band behind him plays classic short-haired rock 'n' roll, resulting in songs that you might think you first heard on a Nuggets box-set if you didn't know they were brand new.

"We listen to some of that garage stuff," says Lamkin, in the same breath he name checks Elvis Presley's Blue Hawaii.

For such varied influences, their debut, which was released Feb. 2, achieves its consistency through its beach party energy.

buzz bands

Jay Electronica

When MCs as varied as Jay-Z, Nas, Talib Kweli, Mos Def and Diddy are giving you the thumbs up it would be easy to get a big head.

No one could blame New Orleans rapper/producer Jay Electronica if he did. With one of the few "underground" hip-hop records (Exhibit C) that's seeing any daytime airplay and a highly respected lyrical approach, a lot of people are counting him as the "next big thing."

Having already contributed tracks to Nas and Diddy's latest albums, it won't be long before everyone will know just exactly who he is.

Brown looks back at Idol

American Idol contestant Lacey Brown says her last performance fell in the middle of the pack and that's why she was sent home.

The 24-year-old from Amarillo, Texas, was voted off the Fox show last week after singing a lacklustre rendition of the Rolling Stones' Ruby Tuesday. She says her performance landed her in the middle of the group, which she classifies as a risky place for a contestant.

Brown says a contestant needs to stand out with an amazing performance or be the underdog to get votes from viewers.

The judges also decided not to use on Brown their save tactic, a one-time decision to keep a contestant from going home.

Lacey Brown was voted off American Idol last week.

American Idol is in its ninth season. This week Miley Cyrus will be a guest mentor as the remaining 11 contestants perform Billboard No. 1 hits.

THE ASSOCIATED PRESS

Hancock, Marsalis booked for Newport

Hancock

MUSIC Herbie Hancock, Chick Corea and Wynton Marsalis will be among the performers headlining this summer's Newport Jazz Festival in Rhode Island

Organizers yesterday announced the lineup for the three-day festival opening Aug. 6. It marks its 56th year this summer.

Other performers include trumpeter Chris Botti and singer-songwriter Jamie Cullum.

THE ASSOCIATED PRESS

AP PHOTO/CORNELL UNIVERSITY

Prof. Brian Wansink holds a plate illustrating how food portion size has grown over the centuries, in front of a projection of Leonardo da Vinci's The Last Supper at Cornell University in Ithaca, N.Y.

Jesus Christ Supersizer

Food in Last Supper paintings has grown by biblical proportions

Has even the Last Supper been supersized?

The food in famous paintings of the meal has grown by biblical proportions over the last millennium, researchers report in a medical journal Tuesday.

Using a computer, they compared the size of the food to the size of the heads in 52 paintings of Jesus Christ and his disciples at their final meal before his death.

If art imitates life, we're in trouble, the researchers conclude. The size of the main dish grew 69 per cent; the size of the plate, 66 per cent, and the bread, 23 per cent, between the years 1000 and 2000.

Supersizing is considered a modern phenomenon, but "what we see recently may be just a more noticeable part of a very long trend," said Brian Wansink, a food behaviour scientist at Cornell University.

The study was his idea. For biblical context, he sought help from his brother, Craig Wansink, professor of religious studies at Virginia Wesleyan College in Norfolk, Virginia, and an ordained Presbyterian minister.

The Bible says the Last Supper took place on a Passover evening but gives little detail on specific foods besides bread and wine.

"There's nothing else mentioned. They don't say there's a fruit cup or carrot cake," though other foods such as fish, eel, lamb and even pork have appeared in paintings through the years, Brian Wansink said.

For the study, he used paintings featured in the book Last Supper, published in 2000 by Phaidon Press. They include perhaps the most famous portrayal of the meal, by Leonardo da Vinci. Computer technology allowed them to scan, rotate and calculate images regardless of their orientation in the paintings.

Details are in the April issue of the International Journal of Obesity.

THE ASSOCIATED PRESS

Superbowl me

- A more contemporary test would be to analyze portion sizes in Super Bowl commercials, Binks suggests. The Super Bowl is the annual championship game for American football.

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THE CANADIAN PRESS/RYAN REMIORZ

Quebec Premier Jean Charest announced on Monday that by Warner Bros. Interactive will open a new studio to create video games in Montreal.

Warner video game studio goes to Quebec

New facility will employ more than 300

Warner Bros. Interactive Entertainment says it will open a development studio in Montreal that will employ more than 300 people by the end of 2015.

Besides development of high-end games, the studio will produce digital and cinema animation and translate its products for other markets, the Burbank, Calif.,-based company said Monday.

Martin Tremblay, Warner Interactive's president, said Quebec is a perfect fit for the company with its skilful and creative workforce as well as its universities.

"Quebec's tax credits and other incentives made Montreal the right location for our studio at this time," said Tremblay, the former president of the Ubisoft game studio. "Montreal, with its wealth of talent and highly affordable operating costs, is a wonderful place to continue to expand our growth in gaming."

Quebec Premier Jean Charest, who was present at the announcement, said the government is proud Warners has chosen Quebec for the new studio.

"We have done a lot of work to position Quebec as an essential place to invest that is competitive and possesses an exceptional and highly qualified workforce," Charest said.

Quebec is kicking in a $7.5-million non-refundable contribution from the province's investment arm to help the studio get off the ground.

THE CANADIAN PRESS

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Spacek joins medical drama
Coming off a multi-episode arc on HBO's Big Love, Sissy Spacek is heading to CBS for another TV gig. The Oscar-winning actress has joined CBS' John Wells-produced medical drama, according to The Hollywood Reporter. METRO NEWS SERVICES

Springer hosts new dating game

GAME SHOW Jerry Springer is reinventing himself again, this time as host of a dating game series.

Baggage, debuting next month on the Game Show Network, gives three contestants the chance to win the eye of a prospective date. The hitch: Contestants have to reveal their faults and foibles.

Jerry Springer

Among the planned suitors: a shoplifter, a woman who gets advice from psychics and a control freak.

Springer called "Baggage" a family-friendly show that's "just fun and lighthearted. There's no life-changing issues."

"I'm like the crazy old uncle," he said. "People feel comfortable telling me their secrets, that I won't be judgmental."

The series debuts April 19.

THE ASSOCIATED PRESS

The sky's the limit for Fly Girls

New show follows glamourous — or not —lives of flight attendants

These flight attendants are bringing sexy back.

Fly Girls, a CW reality show debuting 9 p.m. ET today, follows the lives of five Virgin America flight attendants as they jet around the country.

The eight half-hour episodes will feature the attendants sharing a home in Los Angeles, working long hours while dealing with grumpy passengers and partying on their layovers in cities such as Las Vegas, Miami Beach and New York.

The series promises stories filled with romance, family and friendships.

Fly Girls airs tonight

"Everything that you are going to see is real — all the relationships, all the reactions," executive producer Jeff Collins said.

"The series itself has a lot of twist and turns in it, some of it is very personal, and that's all real. You can't manufacture that."

It's that work experience producers hope will give "Fly Girls" an edge over other reality shows.

"These women came to the table with a story, with a history," Collins said, adding that they were already friends or acquaintances before filming began.

Tasha Dunnigan, 28, has worked for nearly three years with the San Francisco-based airline that launched in August 2007.

"My number one thing is to show people I am a single mother, I have a son and that everything is possible," she said.

"My job makes me be away from my son, days at a time. But if that's ... what you have to do to make ends meet, that's what you have to do. And at the end of the day, there is always a brighter side."

Dunnigan filmed one chilly day with cast members Louise Nguyen, 28, and Many Roberts, 26, at the popular South Beach spot Nikki Beach, where they lounged on outdoor beds.

The new reality show Fly Girls follows the lives of five Virgin America flight attendants.

Virgin Atlantic President Richard Branson makes a cameo appearance on the series.

Capturing the work environment was a balancing act for the production crew, since they had to comply with federal rules and regulations, and airline requirements.

Federal Aviation Administration officials met with Virgin America representatives in October 2009 to discuss the airline's involvement in the series.

Virgin had to agree to include a management representative on board every flight when filming took place.

The airline also had to notify all passengers that filming would take place on their flight.

The cast served as extra crew so that the primary flight attendants could focus on their jobs.

The film crew was barred from shooting cockpit footage when a plane was airborne.

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Deadliest Warrior gears up for bloodier second season

Inside the downtown warehouse where the second season of Deadliest Warrior is in production, an impaled ballistics gel dummy — complete with phoney blood-filled organs — slowly slides down a towering wooden stake.

The grisly snail-like movement, almost invisible to the human eye, is meticulously captured by a super-fast high-speed camera.

"This is the most gruesome thing I've seen on the show," says Dr. Armand Dorian, an emergency room doctor who serves as the show's medical expert. "It's a nine-foot pole going through someone's rectum all the way out through their clavicle. That's pretty bad. Having said that, I have seen similar impalements in real life. Nothing purposely done, of course."

Deadliest Warrior's second season premieres April 20.

It's just another gory day on the set of Spike TV's popular hypothetical fighting show, which mixes science, history, fantasy and gore to hypothesize the results of make-believe matchups between real-life combatants. On one rainy winter day last month, gnarly Romanian warlord Vlad the Impaler and meticulous Chinese general Sun Tzu were on the fight roster.

While the show's science and technology may be complicated, the premise is absurdly simple: Who would reign in a fight between, for example, a pirate and a knight? The real winner seems to be Spike. The first season averaged an admirable 1.8 million viewers and was the testosterone-laden cable network's best-selling series on downloadable platforms last year.

THE ASSOCIATED PRESS

RYANS MURRAY PHOTO/SPIKE TV

Host Geoff Desmoulin holds a weapon during taping of an episode pitting Vlad The Impaler vs. Sun Tzu for Spike TV's Deadliest Warrior, in Los Angeles.

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TO	Vu	SD	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
3/24/10	265	353	2	TVO	Strait Through the Ice		The Agenda With Steve Paikin		The Fixer		The View From Here (N)		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	Survivor: Heroes vs. Villains		Kitchen Nightmares (N)		Melrose Place (N)		News Hour
	215	343	4	OMN1	Two/Half Men	The Office	Omni News: Italian Edition (N)		Vivere V	Omni News:	Law & Order: Criminal Intent		Metropia
	210	302	6	CBC	Wheel Fortune	Jeopardy! (N)	Just for Laughs		Republic of Doyle (DVS)		CBC News: The National		The Hour
	214	344	7	CITY	Law & Order: Special Victims		Mercy (HDTV) (N)		Modern Family	Cougar Town	(10:01) Ugly Betty (N)		News
	212	313	8	CTV	etalk	Access H.	Criminal Minds (HDTV)		American Idol		CSI: NY "Cuckoo's Nest"		CTV News
primetime	218	345	11	CHCH	*The Shadow* ★ (1936, Mystery) Henry Kandall.		*Spider* ★★★ (2002, Suspense) Ralph Fiennes, Miranda Richardson.						News at 11 (N)
	-	-	14	-	Family Guy	The Simpsons	Omni News: S. Asian Edition		Omni News: Cantonese Edition		Two/Half Men	King/Queens	Cold Case
	213	326	15	SUN	George Lopez	The Insider (N)	*36 Hours to Die* ★★ (1999, Suspense) Treat Williams.				The Insider	Hitchcock Pres	Becker
	-	387	16	CBS	Inside Edition	Access H.	Survivor: Heroes vs. Villains		Criminal Minds (HDTV)		CSI: NY "Cuckoo's Nest"		News 4 at 11
	-	385	17	NBC	Entertainment	The Insider (N)	Mercy (HDTV) (N)		Law & Order: Special Victims		Law & Order: Special Victims		News
	-	386	18	ABC	Wheel Fortune	Jeopardy! (N)	Modern Family	The Middle (N)	Modern Family	Cougar Town	(10:01) Ugly Betty (N)		News
	219	346	20	ACH-B	Degrassi: Next	TMZ (N)	America's Next Top Model (N)		Law & Order: Special Victims		The Listener (DVS)		A News
	-	-	28	FOX	Judge Judy (N)	Two/Half Men	Human Target (N)		American Idol		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	PBS NewsHour	Wait for God	My Music: My Generation -- The 60s				Qi Gong for Weight Loss		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	America's Next Top Model (N)		Fly Girls	High Society	PIX News at Ten Tong.		Two/Half Men
	296	654	331	SBK	The Insider (N)	Entertainment	Law & Order: Special Victims		WBZ News (N)	What's-Store	Frasier	Frasier	The Office
	298	653	332	TLA	The Tyra Show (N)		According-Jim	Family Guy	KTLA News	KTLA News	Two/Half Men	Two/Half Men	Top Model
news	502	390	26	NW	The Lang & O'Leary Exchange		Connect with Mark Kelley (N)		CBC News: The National		Eco Home Challenge (N)		National
	500	500	33	CNN	John King, USA (N)		Campbell Brown (N)		Larry King Live (N)		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Kudlow Report (Live)		Planet of the Apps: Hand-held		American Greed (N)		American Greed		Mad Money
sports	405	417	22	net	Pokerstars		MMA Conn	UFC: Access	The Ultimate Fighter		Sportsnet Connected		Hockey Central
	400	400	30	TSN	That's Hockey!	NHL Hockey Montreal Canadiens at Buffalo Sabres. (HDTV) (Live)					NHL Hockey: Ducks at Canucks		
	411	457	58	OLN	Ghost Hunters Academy		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters Academy		Destin. Truth
	417	406	81	SC	NASCAR	NASCAR Hub	Racing Chef	NASCAR	Dangerous Drives (HDTV) (N)		Pass Time (N)	Pass Time (N)	Pass Time
family	551	542	25	YTV	iCarly	That's-Weird	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	554	544	45	TEL	Johnny Test	Total Drama	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken
	556	540	51	FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
cable variety	602	567	27	W	Supernanny		Grocery Bag	Grocery Bag	Grocery Bag	The Restaurant	*Girl's Best Friend* (2008, Comedy-Drama)		
	570	580	29	MM	America's Best Dance Crew		disBAND	Video on Trial	Video on Trial	Video on Trial	My Date With...	My Date With...	UR11
	615	520	31	A&E	Criminal Minds (HDTV)		Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter		Bounty Hunter	Exterminator	Exterminator
	700	800	35	TLN	Centrovetrine	Sky TG 24	Mogli a Pezzi				George Lopez	George Lopez	Lopez Tonight
	571	581	36	MMM	The Daily Fix		Ranked!		mmtop10.ca		G. Simmons	G. Simmons	G. Simmons
	575	583	38	CMT	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Due South
	616	521	39	SHO	Relic Hunter		*The House Next Door* (2006, Suspense) Lara Flynn Boyle.				HawthoRNe (HDTV)		NCIS
	620	523	40	BVO	Death at-Opera	Bravo!Videos	Arts & Minds	O'Reagan File	Wingfield	Star Portraits	White Collar (Part 1 of 2)		Law & Order
	601	562	41	SLC	Rich Bride Poor Bride		End of Leash	End of Leash	End/Leash	End of Leash	End of Leash	End of Leash	ET Canada
	522	506	43	HIS	Ice Pilots NWT (HDTV)		Ice Road Truckers		Ice Road Truckers		Ice Pilots NWT (HDTV)		Re-Inventors
	625	548	44	COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Lucky Louie	Hot Box	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Agent-Agent	Real Estate	Property Virgin	Unsellables	House Hunters	House Hunters	Holmes/Homes
	294	529	47	TBS	Family Guy	Family Guy	*Fire Down Below* ★★ (1997, Action) Steven Seagal.				Seinfeld	Name Is Earl	Law & Order
	576	582	49	BET	106 & Park: BET's Top 10 Live		*Doing Hard Time* (2004, Crime Drama) Boris Kodjoe.				Rip the Runway 2010		Mo'Nique
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Chuck (HDTV) (N)		Supernatural		InnerSpace (N)
	581	566	52	MTV	Peak Season	Cribs	Cribs	Going Out, Him	Spring Break Challenges		The Real World (N)		MTV Live
	618	524	54	TROP	Dog Whisperer		Hoarders		Hoarders		Parking Wars	Parking Wars	Spoiled Rotten
	603	561	56	FOOD	Ricardo	Fresh-Anna	Challenge		Iron Chef America		Chopped		Restaurant
	261	394	60	V	Murder, She Wrote		No Place Like	Open All Hours	Jesus: The Lost Years Based on the book.				Archaeologist
	621	527	63	STR	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		The Dr. Oz Show (N)		TMZ
	553	546	65	TRE	Backyardigans	Night Garden	Waybuloo	Max & Ruby	Franklin	Bucket-Dinos	Little Bear	Toopy & Binoo	Max & Ruby
	526	507	249	VIVA	Cold Case "Boy Crazy"		Missing		The Closer "Next of Kin"		Cold Case "Boy Crazy"		Mediums
	300	601	301	M1	(7:15) *Love N' Dancing* ★★ (2008, Drama), Billy Zane				*Twilight* ★★ (2008, Romance) Kristen Stewart.				*Harold & Kmr*
	305	612	306	PIX	(5) *Godzilla*		(7:20) *The Peacekeeper* (1997, Action)		*Scream* ★★★ (1996, Horror) Neve Campbell.				*Scream 2*
	520	146	-	DISC	Daily Planet (N)		I Could Do	I Could Do	Howe & Howe Tech (N)		Solving History-Olly Steeds		Daily Planet
	637	-	-	TVLND	Red Green	Red Green	Fantasy Island		Hart to Hart		Andy Griffith	Phil Silvers	Bizarre
	605	-	-	FASH	America's Next Top Model		FashionTele	RAW	FT Found Footage		Fashion Television-Toronto Fashion Week		

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Carmen Electra regrets having her breasts enlarged. The former Baywatch actress — who boosted her modest bust to a DD cup size — now thinks she should have left her boobs as they were, femalefirst.co.uk reports. METRO NEWS SERVICES

Celebrity Buzz

McGee 'obsessed' with James, says ex

THEY SOUND PERFECT FOR EACH OTHER Ronald Shane Modica is speaking out about his ex-wife Michelle "Bombshell" McGee and her alleged affair with Sandra Bullock's husband Jesse James, usmagazine.com reports.

Modica — who unsuccessfully filed emergency court papers last Friday for full custody of Avery, his five-year-old son with McGee — says that his own marriage suffered as a result of his wife's preoccupation with the Monster Garage star.

"We had problems during our marriage because of her obsession with Jesse James," Modica tells The Insider. "I once walked into the salon that she owned and she had our wedding photo up there on her mirror and there was a cut out picture of Jesse James' face over my face."

The ex-husband also explains that James' affair with McGee began in May 2009 – and that McGee made inflammatory accusations about James and Bullock's union.

Bullock and James have been getting in touch with lawyers just in case things get messy after news of James' alleged infidelity came to light, according to TMZ. Sources say Bullock's reps have been in touch with several top divorce attorneys, including one who represented Charlie Sheen, Heather Locklear and Michael Jackson.

METRO NEWS SERVICES

Hewitt gives herself a public pep talk

BECAUSE I'M GOOD ENOUGH, I'M SMART ENOUGH ... Jennifer Love Hewitt is taking her recent breakup with Jamie Kennedy in stride. "It's what life handed me, and I'm OK with it," she tells USA Today. "I know wholeheartedly that I'm a really good partner. I think I'm a really good girlfriend, and I think that I could be a really good wife." As for going back to work on The Ghost Whisperer, co-starring Kennedy, the actress says, "It's fine. Everyone's a grown-up. It just is what it is."

METRO WORLD NEWS

CelebTweets

Follow these celebrities on Twitter...

SAMANTHA RONSON gives a lesson in the art of the diss, **ASHTON KUTCHER** is thinking about retirement, and **JUSTIN BIEBER** goes after an older woman.

@samantharonson Someone please tell Kat Von D that if she's gonna make fun of someone for being dumb "it's not rocket surgery" is not the phrase.

@aplusk Health care has been reformed. I'm gonna quit my job.

@justinbieber Barbara walters just came backstage earlier. I hit on her... Just joking around though. Think she liked it. Haha

METRO NEWS SERVICES

Supermodel's hubby fears for her safety

NOT QUITE ON THE SAME LEVEL THERE, MATTY Claudia Schiffer's husband is terrified she will be murdered by a fan, just like John Lennon.

Director Matthew Vaughn — who confronted a stalker in the couple's home in Suffolk, East England, in 2004 — has serious concerns for the safety of his supermodel spouse, femalefirst.co.uk reports.

He said: "We have had some freaks. I am not the famous one, but as a husband you get worried for your wife. With the John Lennon thing — now and again a celebrity gets 'done in,' it's scary."

METRO WORLD NEWS

Could Hilton's reality TV days be numbered?

ATHEISTS, START PRAYING — WE CAN DO THIS Paris Hilton has reportedly been shopping around a new reality show that will track her upcoming engagement and marriage to Doug Reinhardt — but no one's interested, according to Page Six. "She's been on TV constantly since 2003, when The Simple Life debuted, and the public may be saturated with Paris," a source says. Hilton's reps deny any such show has been pitched.

METRO WORLD NEWS

Ritchie wants Madonna to move kids back to England

WELL, EXCEPT FOR BABY JESUS Madonna is heading back to England for her new movie, W.E., according to the Sun. And while her stay is only slated for six months, ex-husband Guy Ritchie reportedly hopes it gets extended.

"Guy is hoping the move will be permanent for his sake with the kids," a source says. "He is desperate to get the kids over here and be able to see them more often. Rocco is so excited about it."

METRO WORLD NEWS

Janet praises Tyler Perry

A HOLLYWOOD ANOMALY Janet Jackson says film director Tyler Perry was a major source of support when her brother Michael died unexpectedly last June — repeatedly checking on her and even halting work on the movie they were making together, people.com reports.

"He actually stopped production and was there for me," Jackson, 43, told People on Monday at the New York premiere of Perry's new film, Why Did I Get Married Too? "(He was) constantly calling me, making sure I was OK, making sure that there wasn't anything that I needed or my family needed."

He is "such a sweetheart," she added, "so giving and so loving."

METRO WORLD NEWS

Murphy 'not on drugs,' ready to start family, says husband

THE MONJACK DOTH PROTEST TOO MUCH Brittany Murphy was making plans to have children the night before she died, femalefirst.co.uk reports.

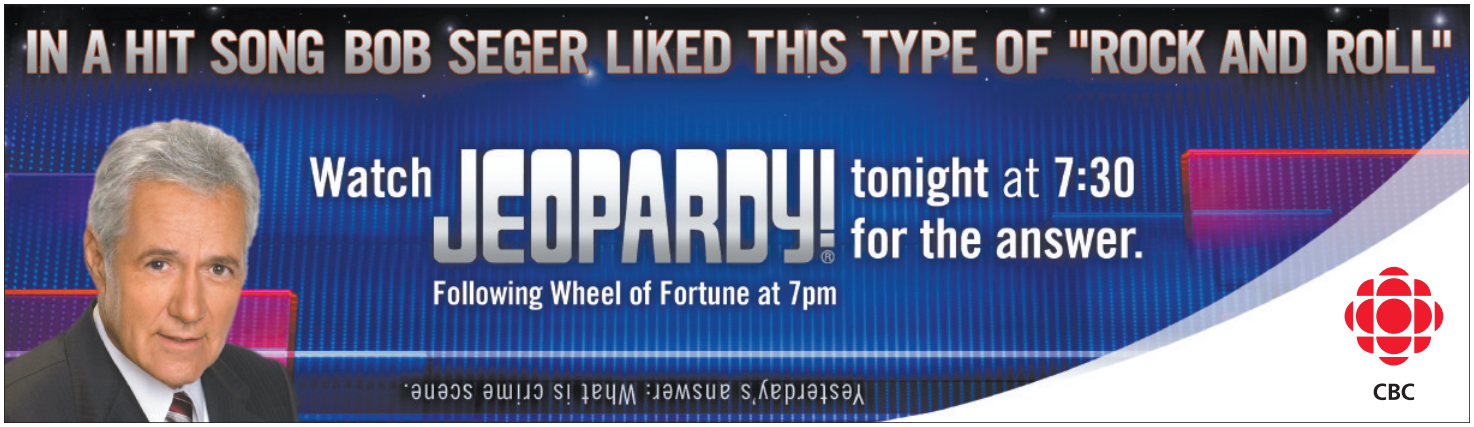
The actress — who passed away at age 32 on Dec. 20 — had been discussing starting a family with husband Simon Monjack and the pair even chose names and spoke about moving to New York to raise their kids.

Simon said: "She knew her career wasn't in the best place. She was ready to kind of be a mother and that was what a lot of the talk was about.

"We were discussing children the night before she passed. We were discussing baby names. A boy would have been Oliver and a girl would have been Sophie. That was the plan, to move to New York and to start a family."

The British screenwriter has again blasted speculation the actress was on drugs, insisting he would have been "very worried" if she had consumed illegal substances because she had such a colourful personality.

METRO NEWS SERVICES



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Thursday Partly cloudy 11° / -6°

Friday Sunny 0° / -6°

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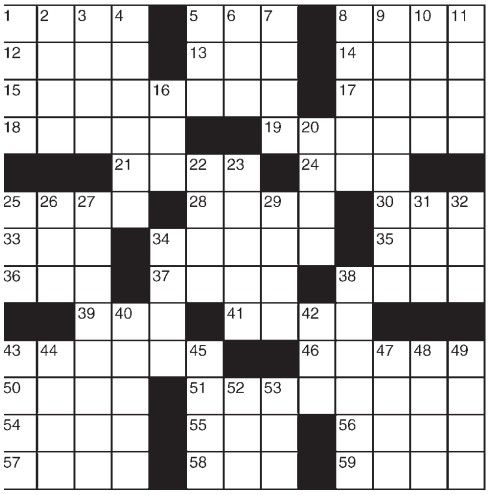


ACROSS

1 Satan's minions
5 Afternoon get-together
8 Burn somewhat
12 Paint layer
13 Lummox
14 Sitarist's music style
15 And so forth
17 "— Named Sue"
18 "Superman" star
19 Wreak havoc on
21 Big fair
24 D.C. title
25 Become a member
28 Reed instrument
30 Moray, for example
33 Samovar
34 La Scala show
35 Kanga's kid
36 Sleuth
37 Part of a three-piece suit
38 Slamming sound
39 Expert
41 Being, to Brutus
43 Mourn
46 Third rock from the sun
50 Sleeping
51 Skin cream ingredient
54 Antitoxins
55 Pod denizen
56 Tend texts
57 Celebrity
58 Knight's address
59 Lasso

DOWN

1 Bakery worker, at times
2 Speck
3 Walk the floor
4 Spielberg or Soderbergh
5 Pirouette pivot
6 Listener
7 Somewhere out there
8 Want really bad
9 "Carmen" number
10 Enthusiastic, plus
11 Martha of comedy
16 Ritter of Westerns
20 On a cruise
22 Benedict XVI, e.g.
23 Unpleasingly plump
25 Stick out
26 Raw rock
27 Secretly
29 Doggie bag fill
31 Quite some time
32 Journal
34 Microwave
38 Dam builder
40 Fragrant wood
42 Witness
43 Glaswegian gal
44 Help hoods
45 Reveille's opposite
47 Give a makeover to
48 Stumble
49 Loathe
52 Mainlander's memento
53 Rowing need

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	3		7			2	5	
5				6		9		4
4				3				
	2	1			7		6	
				1				
	9		5			1	4	
				2				1
9		5		7				8
	7	8			6		9	

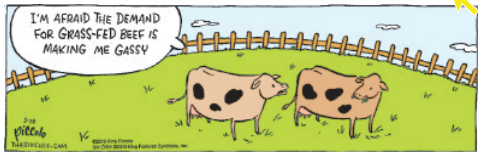
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

B	A	R	B	■	E	N	D	■	I	N	F	O		
I	D	E	A	■	L	E	I	■	R	E	A	P		
B	O	X	S	E	A	T	S	■	O	O	Z	E		
■	■	■	S	O	N	■	T	I	N	N	E	D		
A	S	H	E	N	■	H	A	R	I	■	■	■		
R	I	O	T	■	M	U	S	I	C	B	O	X		
A	L	A	■	S	O	R	T	S	■	A	P	E		
B	O	X	S	C	O	R	E	■	W	R	E	N		
■	■	■	M	A	N	Y	■	A	R	E	N	A		
L	A	M	A	R	R	■	A	G	A	■	■	■		
U	S	E	R	■	I	D	I	O	T	B	O	X		
T	E	A	M	■	S	O	D	■	H	O	N	E		
Z	A	N	Y	■	E	W	E	■	S	P	E	D		

9	8	3	2	4	6	1	5	7
5	2	1	7	3	9	4	6	8
7	4	6	5	1	8	2	9	3
6	3	7	1	2	4	9	8	5
4	9	2	3	8	5	7	1	6
8	1	5	9	6	7	3	4	2
1	7	8	4	5	3	6	2	9
2	5	9	6	7	1	8	3	4
3	6	4	8	9	2	5	7	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Quinoa With Balsamic Vegetable Kebabs

INGREDIENTS:

2/3 cup quinoa, rinsed
1 2/3 cups hot vegetable stock, made with stock cube
2 x 250-g packages roasting vegetables
2 tbsp sunflower oil
2 sprigs of fresh thyme
200 g can corn, drained
1 tbsp butter
125g frozen peas
250 g marinated tofu, cut into bite-sized cubes
1 tsp mild chili powder
3 tbsp chopped fresh parsley
2 tbsp balsamic vinegar

METHOD:

1. Preheat oven to 400°F (200°C). Place quinoa and stock in large pot; add 1/2 tsp salt and ground black pepper. Boil, then cover and simmer gently 10 minutes.
2. Meanwhile, push roasting vegetables onto eight metal skewers, brush with oil and scatter with some leaves from thyme sprigs. Place in shallow roasting pan and season. Roast 10-12 minutes or until vegetables begin to soften.
3. Stir corn into pot of quinoa and add butter, peas and tofu. Add chili powder. Cover and cook gently 5 minutes. Remove from heat and leave to stand. Add parsley and fork through.
4. Drizzle balsamic vinegar over kebabs and return to oven to roast until just tender. Serve with quinoa.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
You will be rather tense today but you will do okay if you keep in mind at all times that nothing can hurt you.

TAURUS ♉
APRIL 21-MAY 21
Don't try too hard to put your thoughts into words. This is one of those days when it is might be better to say nothing at all.

GEMINI ♊
MAY 22-JUNE 21
You may not be in the best of bargaining positions at the moment but that does not mean you are doomed to lose out or lose money.

CANCER ♋
JUNE 22-JULY 22
For some reason you have got it into your head that you need to be better than everyone else. That's nonsense.

LEO ♌
JULY 23-AUG 23
Your mind seems to be working overtime at the moment: ideas come to you so fast you hardly have time to write them all down.

VIRGO ♍
AUG 24-SEPT 22
Virgo is a sympathetic sign and the best way to show that you care today is to give your time to some kind of charitable cause.

LIBRA ♎
SEPT 23-OCT 23
You may wish you had never started a particular project but you have no choice but to see it through to the end.

SCORPIO ♏
OCT 24-NOV 22
If you think that something is going to go wrong today it most likely will – it is your own negative attitude that is attracting negative events.

SAGITTARIUS ♐
NOV 23-DEC 21
It's one thing to say you should love your neighbor, but some people don't make it easy. If someone is particularly annoying, try to avoid them.

CAPRICORN ♑
DEC 22-JAN 20
You may be feeling a bit insecure at the moment but that is not an excuse to grab at the first decent offer that comes along.

AQUARIUS ♒
JAN 21-FEB 18
Something is worrying you to such an extent that you can't get it out of your mind. By this time tomorrow, however, you will have forgotten why.

PISCES ♓
FEB 19-MARCH 20
Don't commit yourself to any new purchases today. What seems like a bargain may cost you several times more in the long-term.

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LEASE FROM **$199** PER MO. 48 MOS. AT LEASE APR*** **3.9%** $1,730 DOWN PAYMENT

HWY: 6.3 L/100KM 45 MPG CITY: 7.7 L/100KM 37 MPG

Crash Test Rating ★★★★★ NHTSA - Frontal impacts*

2010 FORTE EX SHOWN

2010 KIA FORTE

- 2.0L, 4-cyl., 156 HP, or available 2.4L, 4-cyl., 173 HP engine
- Bluetooth® hands-free cell phone capability§
- 4-wheel ABS disc brakes
- Power locks, windows and heated mirrors

$13,995‡ PURCHASE PRICE AND **0%** FINANCE APR**

HWY: 5.8 L/100KM 49 MPG CITY: 8.3 L/100KM 34 MPG

NADA GUIDES Car of the Year

KIA MEMBER REWARDS

5 Year Warranty — WE'VE GOT YOU COVERED.
*5-YEAR/100,000 KM WORRY-FREE COMPREHENSIVE WARRANTY
*5-YEAR/100,000 KM POWERTRAIN WARRANTY
*5-YEAR/100,000 KM EXTRA CARE ROADSIDE ASSISTANCE
*NO DEDUCTIBLE CHARGE

$500 Grad Rebate

KIA mobility PROGRAM

CERTIFIED PRE-OWNED

Habitat for Humanity Habitat pour l'humanité Canada

OFFERS END MARCH 31, 2010. FOR MORE INFORMATION OR TO FIND A KIA DEALER SEE KIA.CA

KIA MOTORS *The Power to Surprise™*

**"90 Day Don't Pay" (90 day payment deferral) applies to purchase financing offers on all new 2010 Kia models. No interest will accrue during the first 60 days of the finance contract. After this period interest starts to accrue and the purchaser will repay principal and interest monthly over the term of the contract. **0% financing available 2010 Rio EX (RO542A)/2010 Forte (FO540A)/ 2010 Sportage (SP751A) up to 36 months on approved credit (OAC). Cash back amount varies by model and trim. ^Cash purchase price 2011 Sorento LX MT (SR540B) is $23,495 and includes a cash credit of $500 based on an MSRP of $23,995. Delivery and destination fees of $1,650 excluded. License, registration, insurance, dealer administration fees and taxes are excluded. ***Monthly lease payment for 2011 Sorento (SR540B)/2010 Soul (SO550A) is $299/$199 for 48 months at 4.9%/3.9% lease APR with a $2,150/$1,730 down payment. Total lease obligation is $16,522/$11,304 with the option to purchase at end of term for $10,658/$5,708. Delivery and destination fees of $1,650 excluded. Lease has 20,000 km/ year allowance (other packages available) and $0.10/km for excess. ††For information purpose only: The effective lease rate is 5.75% and is calculated based on the net benefit of the cash credit over the existing lease credits. Please see dealers for full details. ‡Purchase price for 2010 Rio EX (RO542A)/2010 Forte (FO540A)/ 2010 Sportage (SP751A) is $9,995/$13,995/$21,895 and includes a cash rebate of $3,700/$1,800/$2,000 based on an MSRP of $13,695/$15,795/$23,895. Delivery and destination fees of $1,455/$1,455/$1,650 excluded. All offers exclude license, insurance, other taxes, down payment and variable dealer administration fees. Other dealer charges may be required at the time of purchase. Other lease and finance options also available. Dealers are free to set individual prices. Prices subject to change without notice. Certain restrictions may apply. >Highway/city fuel consumption for 2010 Rio EX (RO542A) is 5.8 L (49MPG)/7.1 L (40 MPG); 2010 Soul 1.6L MT (SO550A) is 6.3 L (45 MPG)/7.7 L (37 MPG); 2010 Forte EX (FO540A)is 5.8 L (49 MPG)/8.3 L (34 MPG); 2011 Sorento 2.4L MT (SR540B) is 7.4 L (38 MPG)/10.6 L (27 MPG);); 2010 Sportage LX MT (SP751A) is 8.0 L (35 MPG)/10.2 L (28 MPG). The actual fuel consumption of these vehicles may vary. These estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the Government of Canada publication EnerGuide Fuel Consumption Guide. +2010 Soul awarded the Top Safety Pick by the Insurance Institute for Highway Safety. Visit www.iihs.org for full details. The 2010 Kia Forte was awarded Car of the Year by NADAguides.com. To learn more please visit www.NADAguides.com. Green Score for the 2010 Kia Rio based on specification within its segment. Refer to GreenerCars.org for full details. NHTSA (National Highway Traffic Safety Administration) test results. Visit www.safercar.gov for full details. §Bluetooth® word mark and logo are registered trademarks and are owned by Bluetooth SIG, Inc. Some vehicles advertised may include optional accessories or after-sale equipment and may not be exactly as shown. Information in this advertisement is believed to be accurate at the time of print. Offer ends March 31, 2010. KIA is a trademark of Kia Motors Corporation.